



LOS Herent

Bart Swings 12.10.2024

Omega

Frederik LOECKX

Omega

Percorso : H:01

Distancia : 5250m

Tempo : 0:32:08 (6'07"/km)

4/37

O.K.

[Resultados completos em Webres](#)

- | | |
|-----------------------|---------|
| 1. Maarten VANCOETSEM | 0:30:53 |
| 2. Niel DEIJGERS | 0:30:58 |
| 3. Wouter LAMMENS | 0:31:35 |

1.	56	00:00:28		88m	5'18"/km
2.	32	00:01:06	00:01:34		
3.	55	00:00:27	00:02:01	75m	6'00"/km
4.	60	00:00:51	00:02:52	176m	4'50"/km
5.	63	00:00:50	00:03:42	175m	4'46"/km
6.	48	00:00:45	00:04:27	120m	6'15"/km
7.	34	00:00:59	00:05:26	195m	5'03"/km
8.	49	00:00:38	00:06:04	156m	4'04"/km
9.	35	00:00:24	00:06:28	94m	4'15"/km
10.	62	00:01:03	00:07:31	175m	6'00"/km
11.	37	00:01:06	00:08:37	164m	6'42"/km
12.	57	00:00:28	00:09:05	93m	5'01"/km
13.	50	00:00:32	00:09:37	63m	8'28"/km
14.	54	00:00:19	00:09:56	59m	5'22"/km
15.	39	00:01:17	00:11:13	196m	6'33"/km
16.	43	00:02:54	00:14:07	519m	5'35"/km
17.	64	00:02:12	00:16:19	420m	5'14"/km
18.	65	00:00:36	00:16:55	124m	4'50"/km
19.	44	00:01:15	00:18:10	233m	5'22"/km
20.	53	00:00:49	00:18:59	91m	8'58"/km
21.	38	00:01:18	00:20:17	175m	7'26"/km
22.	45	00:01:13	00:21:30	152m	8'00"/km
23.	42	00:03:03	00:24:33	413m	7'23"/km
24.	41	00:00:44	00:25:17	146m	5'01"/km
25.	59	00:01:06	00:26:23	245m	4'29"/km
26.	40	00:00:49	00:27:12	55m	14'51"/km
27.	51	00:00:42	00:27:54	146m	4'48"/km
28.	56	00:01:57	00:29:51	221m	8'49"/km
29.	31	00:00:30	00:30:21	85m	5'53"/km
30.	52	00:00:30	00:30:51	101m	4'57"/km
31.	47	00:00:36	00:31:27	138m	4'21"/km
32.	58	00:00:30	00:31:57	80m	6'15"/km
33.	999	00:00:11	00:32:08	56m	3'16"/km