



LOS Herent

Bart Swings 12.10.2024

Omega

Jonathan BERNAERS

K.O.L.

Course : H:01

Distance : 5250m

Time : 0:37:51 (7'13"/km)

13/37

O.K.

[Full result on Webres](#)

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

1.	32	00:00:59		112m	8'47"/km
2.	55	00:00:39	00:01:38	75m	8'40"/km
3.	60	00:00:54	00:02:32	176m	5'07"/km
4.	35	00:00:45	00:03:17		
5.	63	00:02:42	00:05:59		
6.	48	00:00:48	00:06:47	120m	6'40"/km
7.	34	00:01:08	00:07:55	195m	5'49"/km
8.	49	00:00:42	00:08:37	156m	4'29"/km
9.	35	00:00:29	00:09:06	94m	5'09"/km
10.	62	00:00:58	00:10:04	175m	5'31"/km
11.	37	00:01:19	00:11:23	164m	8'02"/km
12.	57	00:00:42	00:12:05	93m	7'32"/km
13.	50	00:00:35	00:12:40	63m	9'16"/km
14.	54	00:00:22	00:13:02	59m	6'13"/km
15.	39	00:01:26	00:14:28	196m	7'19"/km
16.	43	00:02:52	00:17:20	519m	5'31"/km
17.	64	00:02:42	00:20:02	420m	6'26"/km
18.	65	00:00:56	00:20:58	124m	7'32"/km
19.	44	00:01:25	00:22:23	233m	6'05"/km
20.	53	00:00:47	00:23:10	91m	8'36"/km
21.	38	00:01:27	00:24:37	175m	8'17"/km
22.	45	00:01:09	00:25:46	152m	7'34"/km
23.	42	00:03:29	00:29:15	413m	8'26"/km
24.	41	00:00:50	00:30:05	146m	5'42"/km
25.	59	00:01:15	00:31:20	245m	5'06"/km
26.	40	00:00:45	00:32:05	55m	13'38"/km
27.	51	00:00:54	00:32:59	146m	6'10"/km
28.	56	00:02:21	00:35:20	221m	10'38"/km
29.	31	00:00:35	00:35:55	85m	6'52"/km
30.	52	00:00:36	00:36:31	101m	5'56"/km
31.	47	00:00:40	00:37:11	138m	4'50"/km
32.	58	00:00:31	00:37:42	80m	6'28"/km
33.	999	00:00:09	00:37:51	56m	2'41"/km