



LOS Herent

Bart Swings 12.10.2024

Omega

Didier VAN SEVER

Indiv.

Course : H:01

Distance : 5250m

Time : 0:46:20 (8'50"/km)

21/37

O.K.

[Full result on Webres](#)

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

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