

Jan BOECKX

Omega1

Course : IOF Lang

Distance : 9730m

Time : 1:44:02 (10'42"/km)

12/19

O.K.

[Full result on Webres](#)

1. Simon KREKELS	1:05:48
2. Rune DE CLERCQ	1:08:56
3. Nico CEUNEN	1:09:39

1.	147	00:05:22		
2.	150	00:05:58	00:11:20	
3.	132	00:03:01	00:14:21	
4.	124	00:03:51	00:18:12	544m 7'05"/km
5.	114	00:01:48	00:20:00	123m 14'38"/km
6.	130	00:02:31	00:22:31	289m 8'42"/km
7.	129	00:01:10	00:23:41	134m 8'42"/km
8.	102	00:01:37	00:25:18	172m 9'24"/km
9.	103	00:04:22	00:29:40	220m 19'51"/km
10.	131	00:02:57	00:32:37	253m 11'40"/km
11.	104	00:03:16	00:35:53	279m 11'43"/km
12.	133	00:03:01	00:38:54	477m 6'19"/km
13.	134	00:02:02	00:40:56	224m 9'05"/km
14.	135	00:03:15	00:44:11	353m 9'12"/km
15.	136	00:04:43	00:48:54	558m 8'27"/km
16.	137	00:02:20	00:51:14	189m 12'21"/km
17.	72	00:01:55	00:53:09	142m 13'30"/km
18.	73	00:02:40	00:55:49	145m 18'23"/km
19.	138	00:02:37	00:58:26	354m 7'24"/km
20.	139	00:02:42	01:01:08	275m 9'49"/km
21.	140	00:02:09	01:03:17	162m 13'16"/km
22.	141	00:02:39	01:05:56	223m 11'53"/km
23.	142	00:07:35	01:13:31	684m 11'05"/km
24.	108	00:03:31	01:17:02	393m 8'57"/km
25.	126	00:03:10	01:20:12	246m 12'52"/km
26.	143	00:01:04	01:21:16	129m 8'16"/km
27.	144	00:02:13	01:23:29	252m 8'48"/km
28.	120	00:01:15	01:24:44	148m 8'27"/km
29.	110	00:02:47	01:27:31	387m 7'12"/km
30.	112	00:02:17	01:29:48	264m 8'39"/km
31.	145	00:04:38	01:34:26	622m 7'27"/km
32.	107	00:02:09	01:36:35	273m 7'53"/km
33.	86	00:05:36	01:42:11	581m 9'38"/km
34.	69	00:01:07	01:43:18	145m 7'42"/km
35.	999	00:00:44	01:44:02	106m 6'55"/km