



CITY - O CUP 1 - 2025

BALEN 30.3.2025

K.O.L.

Kristof ADRIAENSENS

Indiv.

Course : H:01

Distance : 6640m

Time : 1:06:23 (10'00"/km)

16/21

O.K.

[Full result on Webres](#)

- | | |
|--------------------|---------|
| 1. Liam THIELS | 0:36:52 |
| 2. Serguei SMIRNOV | 0:38:58 |
| 3. Lennert LENS | 0:40:39 |

1.	101	00:01:46		62m	28'30"/km
2.	113	00:01:28	00:03:14	227m	6'28"/km
3.	114	00:00:42	00:03:56	84m	8'20"/km
4.	47	00:00:55	00:04:51	72m	12'44"/km
5.	102	00:01:15	00:06:06	218m	5'44"/km
6.	103	00:00:33	00:06:39	122m	4'30"/km
7.	104	00:03:19	00:09:58	212m	15'39"/km
8.	105	00:00:00	00:09:58	66m	0'00"/km
9.	106	00:01:46	00:11:44	232m	7'37"/km
10.	107	00:01:09	00:12:53	79m	14'33"/km
11.	108	00:01:16	00:14:09	116m	10'55"/km
12.	109	00:01:03	00:15:12	113m	9'18"/km
13.	110	00:00:57	00:16:09	50m	19'00"/km
14.	111	00:02:02	00:18:11	210m	9'41"/km
15.	50	00:00:59	00:19:10	132m	7'27"/km
16.	112	00:00:38	00:19:48	45m	14'04"/km
17.	141	00:03:19	00:23:07	518m	6'24"/km
18.	115	00:01:24	00:24:31	269m	5'12"/km
19.	116	00:00:44	00:25:15	60m	12'13"/km
20.	33	00:00:21	00:25:36		
21.	117	00:00:48	00:26:24	37m	21'37"/km
22.	118	00:00:52	00:27:16	35m	24'46"/km
23.	119	00:02:54	00:30:10	59m	49'09"/km
24.	120	00:00:56	00:31:06	102m	9'09"/km
25.	121	00:00:20	00:31:26	36m	9'16"/km
26.	122	00:00:53	00:32:19	30m	29'27"/km
27.	127	00:04:53	00:37:12	743m	6'34"/km
28.	128	00:04:45	00:41:57	368m	12'54"/km
29.	147	00:04:18	00:46:15	619m	6'57"/km
30.	126	00:01:12	00:47:27	179m	6'42"/km
31.	123	00:03:05	00:50:32	193m	15'59"/km
32.	130	00:02:16	00:52:48	186m	12'11"/km
33.	131	00:04:44	00:57:32	363m	13'02"/km
34.	132	00:02:22	00:59:54	190m	12'27"/km
35.	133	00:00:40	01:00:34	77m	8'39"/km
36.	134	00:02:34	01:03:08	151m	17'00"/km



37.	135	00:00:29	01:03:37	47m	10'17"/km
38.	136	00:02:20	01:05:57	120m	19'27"/km
39.	999	00:00:26	01:06:23	62m	6'59"/km

HELGA



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