



CITY - O CUP 1 - 2025

BALEN 30.3.2025

K.O.L.

Jan VANGORP

Indiv.

Course : H:02

Distance : 5350m

--/23

not classified

[Full result on Webres](#)

- | | |
|------------------------|---------|
| 1. Frederik LOECKX | 0:36:53 |
| 2. Siegfried BAKELANTS | 0:37:13 |
| 3. Ronny TIMMERS | 0:40:55 |

1.	48	00:02:06		90m	23'20"/km
2.	138	00:00:44	00:02:50	113m	6'29"/km
3.	46	00:00:40	00:03:30	119m	5'36"/km
4.	47	00:01:53	00:05:23	313m	6'01"/km
5.	113	00:00:39	00:06:02	54m	12'02"/km
6.	102	00:01:09	00:07:11	174m	6'37"/km
7.	51	00:02:09	00:09:20	263m	8'10"/km
8.	104	00:00:27	00:09:47	70m	6'26"/km
9.	105	00:00:00	00:09:47	66m	0'00"/km
10.	139	00:02:30	00:12:17	132m	18'56"/km
11.	140	00:00:57	00:13:14	56m	16'58"/km
12.	106	00:01:00	00:14:14	91m	10'59"/km
13.	110	00:01:04	00:15:18	100m	10'40"/km
14.	111	00:02:01	00:17:19	210m	9'36"/km
15.	50	00:00:52	00:18:11	132m	6'34"/km
16.	112	00:00:00	00:18:11	45m	0'00"/km
17.	103	00:02:14	00:20:25	206m	10'50"/km
18.	114	00:01:52	00:22:17	320m	5'50"/km
19.	141	00:00:38	00:22:55	57m	11'07"/km
20.	142	00:02:42	00:25:37	315m	8'34"/km
21.	115	00:01:58	00:27:35	253m	7'46"/km
22.	143	00:00:53	00:28:28	96m	9'12"/km
23.	144	00:00:51	00:29:19	126m	6'45"/km
24.	145	00:00:37	00:29:56	106m	5'49"/km
25.	146	00:00:49	00:30:45	73m	11'11"/km
26.	121	00:00:28	00:31:13	59m	7'55"/km
27.	122	00:00:00	00:31:13	30m	0'00"/km
28.	147	00:01:41	00:32:54	201m	8'22"/km
29.	148	00:00:44	00:33:38	83m	8'50"/km
30.	123	00:02:48	00:36:26	293m	9'33"/km
31.	131	00:05:05	00:41:31	367m	13'51"/km
32.	149	00:01:13	00:42:44	67m	18'10"/km
33.	135	00:01:04	00:43:48	74m	14'25"/km
34.	150	00:00:54	00:44:42	60m	15'00"/km
35.	132	00:01:16	00:45:58	163m	7'46"/km
36.	31	00:00:33	00:46:31	64m	8'36"/km
37.	999	00:01:58	00:48:29		