



ASOM2025 - ASOM2025 City Race & WRE

Turnhout 27.4.2025

ASOM

Helen BAINBRIDGE

Indiv.

Course : W Open

Distance : 8690m

Time : 1:08:46 (7'55"/km)

9/16

O.K.

[Full result on Webres](#)

1. Ems DE SMUL	0:50:57
2. Emma TAYLOR	0:51:54
3. Elina BOUWENS	0:58:00

1.	32	00:04:58	165m	30'06"/km
2.	74	00:01:54 00:06:52	177m	10'44"/km
3.	86	00:00:51 00:07:43	67m	12'41"/km
4.	54	00:00:46 00:08:29	59m	13'00"/km
5.	51	00:01:54 00:10:23	125m	15'12"/km
6.	76	00:02:49 00:13:12	218m	12'55"/km
7.	113	00:00:31 00:13:43	63m	8'12"/km
8.	102	00:06:18 00:20:01	555m	11'21"/km
9.	64	00:00:34 00:20:35	68m	8'20"/km
10.	68	00:00:56 00:21:31	82m	11'23"/km
11.	103	00:01:07 00:22:38	68m	16'25"/km
12.	104	00:01:03 00:23:41	89m	11'48"/km
13.	78	00:03:32 00:27:13	257m	13'45"/km
14.	96	00:00:35 00:27:48	41m	14'14"/km
15.	80	00:04:20 00:32:08	455m	9'31"/km
16.	35	00:01:27 00:33:35	162m	8'57"/km
17.	82	00:03:54 00:37:29	403m	9'41"/km
18.	83	00:00:58 00:38:27	100m	9'40"/km
19.	84	00:03:23 00:41:50	372m	9'06"/km
20.	53	00:04:35 00:46:25	445m	10'18"/km
21.	73	00:01:28 00:47:53	157m	9'21"/km
22.	50	00:00:44 00:48:37	80m	9'10"/km
23.	41	00:03:57 00:52:34	286m	13'49"/km
24.	42	00:01:09 00:53:43	64m	17'58"/km
25.	56	00:00:39 00:54:22	51m	12'45"/km
26.	55	00:00:31 00:54:53	65m	7'57"/km
27.	43	00:02:50 00:57:43	320m	8'51"/km
28.	110	00:04:54 01:02:37	490m	10'00"/km
29.	92	00:00:26 01:03:03	53m	8'11"/km
30.	106	00:01:10 01:04:13	107m	10'54"/km
31.	93	00:01:43 01:05:56	217m	7'55"/km
32.	108	00:00:25 01:06:21	50m	8'20"/km
33.	107	00:01:06 01:07:27	27m	40'44"/km
34.	46	00:00:48 01:08:15	116m	6'54"/km
35.	999	00:00:31 01:08:46	76m	6'48"/km