



ASOM2025 - City Race & WRE

Turnhout 27.4.2025

ASOM

Derek FRYER

Lakeland OC

Course : M Ultravet 65+

Distance : 7630m

Time : 1:00:02 (7'52"/km)

18/43

O.K.

[Full result on Webres](#)

1. Gavin CLEGG	0:43:30
2. Peter JONES	0:44:00
3. Paul ALLÉ	0:44:07

1.	31	00:00:46		73m	10'30"/km
2.	48	00:01:23	00:02:09	76m	18'12"/km
3.	120	00:01:05	00:03:14	59m	18'22"/km
4.	74	00:01:37	00:04:51	130m	12'26"/km
5.	76	00:01:56	00:06:47	164m	11'47"/km
6.	113	00:00:41	00:07:28	63m	10'51"/km
7.	77	00:05:30	00:12:58	496m	11'05"/km
8.	64	00:01:26	00:14:24	116m	12'21"/km
9.	68	00:01:03	00:15:27	82m	12'48"/km
10.	103	00:01:22	00:16:49	68m	20'06"/km
11.	70	00:01:10	00:17:59	122m	9'34"/km
12.	96	00:01:52	00:19:51	113m	16'31"/km
13.	78	00:00:35	00:20:26	41m	14'14"/km
14.	111	00:04:23	00:24:49	414m	10'35"/km
15.	36	00:00:41	00:25:30	80m	8'32"/km
16.	35	00:01:18	00:26:48	65m	20'00"/km
17.	81	00:00:40	00:27:28	46m	14'30"/km
18.	99	00:03:16	00:30:44	306m	10'41"/km
19.	82	00:00:37	00:31:21	73m	8'27"/km
20.	105	00:00:24	00:31:45	30m	13'20"/km
21.	84	00:03:53	00:35:38	435m	8'56"/km
22.	85	00:02:03	00:37:41	244m	8'24"/km
23.	58	00:03:17	00:40:58	258m	12'44"/km
24.	39	00:01:53	00:42:51	103m	18'17"/km
25.	54	00:01:53	00:44:44		
26.	34	00:00:37	00:45:21	59m	10'27"/km
27.	54	00:00:24	00:45:45	59m	6'47"/km
28.	41	00:03:46	00:49:31	225m	16'44"/km
29.	89	00:01:09	00:50:40	72m	15'58"/km
30.	91	00:03:38	00:54:18	258m	14'05"/km
31.	43	00:00:25	00:54:43	33m	12'38"/km
32.	44	00:02:45	00:57:28	213m	12'55"/km
33.	101	00:00:47	00:58:15	106m	7'23"/km
34.	45	00:00:58	00:59:13	80m	12'05"/km
35.	46	00:00:24	00:59:37	42m	9'31"/km
36.	999	00:00:25	01:00:02	76m	5'29"/km