



LOS Herent

Herent 17.5.2025

Omega

Dirk JANSSENS

Omega

Course : H:01

Distance : 4800m

Time : 0:57:10 (11'55"/km)

40/48

O.K.

[Full result on Webres](#)

1. Maarten VANCOETSEM	0:26:02
2. Lennert LENS	0:27:21
3. Jonathan BERNAERS	0:31:33

1.	31	00:01:21		124m	10'53"/km
2.	32	00:01:15	00:02:36	156m	8'01"/km
3.	33	00:02:01	00:04:37	150m	13'27"/km
4.	34	00:01:07	00:05:44	133m	8'24"/km
5.	35	00:02:52	00:08:36	136m	21'05"/km
6.	36	00:00:56	00:09:32	104m	8'58"/km
7.	56	00:01:40	00:11:12	223m	7'28"/km
8.	38	00:02:39	00:13:51		
9.	39	00:01:50	00:15:41	203m	9'02"/km
10.	37	00:06:28	00:22:09		
11.	38	00:01:09	00:23:18	130m	8'51"/km
12.	39	00:01:29	00:24:47	203m	7'18"/km
13.	40	00:03:07	00:27:54	311m	10'01"/km
14.	41	00:04:07	00:32:01	485m	8'29"/km
15.	42	00:00:37	00:32:38	67m	9'12"/km
16.	43	00:02:28	00:35:06	329m	7'30"/km
17.	44	00:01:01	00:36:07	85m	11'58"/km
18.	45	00:04:18	00:40:25	271m	15'52"/km
19.	46	00:01:15	00:41:40	151m	8'17"/km
20.	58	00:01:41	00:43:21	252m	6'41"/km
21.	47	00:01:03	00:44:24	41m	25'37"/km
22.	48	00:01:38	00:46:02	173m	9'26"/km
23.	49	00:02:51	00:48:53	219m	13'01"/km
24.	50	00:01:25	00:50:18	194m	7'18"/km
25.	51	00:01:08	00:51:26	92m	12'19"/km
26.	52	00:02:14	00:53:40	229m	9'45"/km
27.	53	00:01:08	00:54:48	93m	12'11"/km
28.	54	00:01:08	00:55:56	62m	18'17"/km
29.	60	00:00:42	00:56:38	50m	14'00"/km
30.	999	00:00:32	00:57:10	76m	7'01"/km