



LOS 2023-04

provinciaal domein 20.5.2023

Omega

Werner JACOBS

Omega

Course : H:01

Distance : 4660m

Time : 0:46:09 (9'54"/km)

24/53

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Mats DE SMUL | 0:30:40 |
| 2. Frederik LOECKX | 0:30:46 |
| 3. Marcin GACZYNSKI | 0:32:23 |

1.	53	00:00:29		83m	5'49"/km
2.	60	00:00:44	00:01:13	101m	7'16"/km
3.	54	00:00:52	00:02:05	82m	10'34"/km
4.	32	00:03:17	00:05:22	44m	74'37"/km
5.	33	00:00:54	00:06:16	109m	8'15"/km
6.	35	00:01:14	00:07:30	188m	6'34"/km
7.	36	00:00:36	00:08:06	75m	8'00"/km
8.	40	00:01:15	00:09:21	180m	6'57"/km
9.	37	00:01:16	00:10:37	108m	11'44"/km
10.	38	00:01:01	00:11:38	73m	13'56"/km
11.	55	00:01:24	00:13:02	263m	5'19"/km
12.	41	00:01:24	00:14:26	146m	9'35"/km
13.	42	00:02:33	00:16:59	210m	12'09"/km
14.	52	00:06:43	00:23:42	220m	30'32"/km
15.	45	00:03:13	00:26:55	297m	10'50"/km
16.	50	00:02:00	00:28:55	107m	18'41"/km
17.	47	00:00:49	00:29:44	100m	8'10"/km
18.	46	00:00:42	00:30:26	101m	6'56"/km
19.	58	00:00:39	00:31:05	83m	7'50"/km
20.	59	00:01:17	00:32:22	195m	6'35"/km
21.	43	00:01:13	00:33:35	99m	12'17"/km
22.	48	00:01:31	00:35:06	236m	6'26"/km
23.	49	00:00:21	00:35:27	47m	7'27"/km
24.	56	00:01:37	00:37:04	192m	8'25"/km
25.	57	00:00:47	00:37:51	61m	12'50"/km
26.	31	00:02:18	00:40:09	413m	5'34"/km
27.	44	00:01:30	00:41:39	208m	7'13"/km
28.	39	00:01:03	00:42:42	199m	5'17"/km
29.	34	00:02:15	00:44:57	274m	8'13"/km
30.	51	00:00:46	00:45:43	127m	6'02"/km
31.	999	00:00:26	00:46:09	34m	12'45"/km