



LOS 2023-08
Arenberg 21.10.2023
Omega

Katja VAN OOSTERWIJCK

Omega

Course : D:01

Distance : 5500m

Time : 0:43:23 (7'53"/km)

3/9

O.K.

[Full result on Webres](#)

- | | |
|--------------------------|---------|
| 1. Liesbeth VAN DE VELDE | 0:39:29 |
| 2. Sofie HERREMANS | 0:41:22 |

1.	55	00:00:49		186m	4'23"/km
2.	56	00:01:04	00:01:53	129m	8'16"/km
3.	45	00:01:53	00:03:46	285m	6'36"/km
4.	49	00:01:11	00:04:57	176m	6'43"/km
5.	44	00:01:05	00:06:02	145m	7'28"/km
6.	54	00:01:10	00:07:12	259m	4'30"/km
7.	43	00:01:23	00:08:35	219m	6'19"/km
8.	42	00:00:54	00:09:29	120m	7'30"/km
9.	37	00:01:27	00:10:56	154m	9'25"/km
10.	41	00:01:32	00:12:28	209m	7'20"/km
11.	39	00:01:21	00:13:49	246m	5'29"/km
12.	52	00:01:18	00:15:07	178m	7'18"/km
13.	47	00:00:54	00:16:01	191m	4'43"/km
14.	50	00:00:39	00:16:40	122m	5'20"/km
15.	53	00:01:35	00:18:15	142m	11'09"/km
16.	51	00:04:30	00:22:45	247m	18'13"/km
17.	60	00:01:37	00:24:22	190m	8'31"/km
18.	35	00:02:04	00:26:26	293m	7'03"/km
19.	61	00:02:35	00:29:01	235m	11'00"/km
20.	38	00:00:43	00:29:44	112m	6'24"/km
21.	40	00:01:36	00:31:20	121m	13'13"/km
22.	48	00:01:07	00:32:27	107m	10'26"/km
23.	32	00:01:43	00:34:10	102m	16'50"/km
24.	31	00:01:11	00:35:21	121m	9'47"/km
25.	58	00:01:19	00:36:40	157m	8'23"/km
26.	34	00:02:26	00:39:06	386m	6'18"/km
27.	36	00:01:19	00:40:25	232m	5'41"/km
28.	57	00:01:45	00:42:10	245m	7'09"/km
29.	46	00:00:59	00:43:09	142m	6'55"/km
30.	999	00:00:14	00:43:23	51m	4'35"/km