

Tino NIJST

Omega

Course : H:01

Distance : 5050m

Time : 1:02:46 (12'26"/km)

30/37

O.K.

[Full result on Webres](#)

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|--------------------------|---------|
| 1. Øystein Kvaal ØSTERBØ | 0:31:06 |
| 2. Yannick MICHIELS | 0:31:38 |
| 3. Lennert LENS | 0:38:15 |

1.	31	00:00:56		152m	6'08"/km
2.	32	00:01:48	00:02:44	213m	8'27"/km
3.	33	00:01:25	00:04:09	204m	6'57"/km
4.	34	00:02:56	00:07:05	330m	8'53"/km
5.	60	00:01:39	00:08:44	87m	18'58"/km
6.	36	00:01:56	00:10:40	151m	12'48"/km
7.	37	00:02:54	00:13:34	336m	8'38"/km
8.	38	00:02:03	00:15:37	258m	7'57"/km
9.	39	00:03:36	00:19:13	340m	10'35"/km
10.	40	00:04:41	00:23:54	350m	13'23"/km
11.	69	00:02:54	00:26:48	44m	65'55"/km
12.	55	00:01:54	00:28:42	106m	17'55"/km
13.	56	00:05:27	00:34:09	139m	39'13"/km
14.	41	00:05:36	00:39:45	489m	11'27"/km
15.	68	00:00:56	00:40:41	104m	8'58"/km
16.	42	00:01:57	00:42:38	187m	10'26"/km
17.	43	00:01:15	00:43:53	58m	21'33"/km
18.	44	00:01:41	00:45:34	84m	20'02"/km
19.	45	00:00:00	00:45:34	19m	0'00"/km
20.	46	00:01:42	00:47:16	232m	7'20"/km
21.	47	00:01:00	00:48:16	99m	10'06"/km
22.	57	00:00:50	00:49:06	105m	7'56"/km
23.	48	00:02:20	00:51:26	209m	11'10"/km
24.	49	00:02:36	00:54:02	163m	15'57"/km
25.	50	00:02:30	00:56:32	167m	14'58"/km
26.	51	00:01:31	00:58:03	170m	8'55"/km
27.	52	00:01:02	00:59:05	75m	13'47"/km
28.	53	00:01:03	01:00:08	82m	12'48"/km
29.	54	00:01:20	01:01:28	31m	43'01"/km
30.	999	00:01:18	01:02:46	67m	19'24"/km