



HOS Kuringen

Hasselt 7.10.2021

Omega

Filip KENNIS

hamok

Course : H:01

Distance : 4940m

Time : 0:39:44 (8'03"/km)

2/14

O.K.

[Full result on Webres](#)

1. Noël NIJSTEN	0:36:01
3. James GILBERT	0:39:59

1.	97	00:00:40		136m	4'54"/km
2.	98	00:00:44	00:01:24	90m	8'09"/km
3.	71	00:01:39	00:03:03	172m	9'36"/km
4.	72	00:03:07	00:06:10	504m	6'11"/km
5.	77	00:02:04	00:08:14	381m	5'25"/km
6.	73	00:00:39	00:08:53	105m	6'11"/km
7.	96	00:02:49	00:11:42	369m	7'38"/km
8.	76	00:02:36	00:14:18	302m	8'37"/km
9.	74	00:02:17	00:16:35	307m	7'26"/km
10.	95	00:01:24	00:17:59	198m	7'04"/km
11.	103	00:00:41	00:18:40	109m	6'16"/km
12.	75	00:01:08	00:19:48	112m	10'07"/km
13.	78	00:02:19	00:22:07	167m	13'52"/km
14.	79	00:01:23	00:23:30	165m	8'23"/km
15.	80	00:00:57	00:24:27	136m	6'59"/km
16.	81	00:01:49	00:26:16	179m	10'09"/km
17.	84	00:00:49	00:27:05	98m	8'20"/km
18.	83	00:00:34	00:27:39	108m	5'15"/km
19.	100	00:00:23	00:28:02	54m	7'06"/km
20.	82	00:00:46	00:28:48	127m	6'02"/km
21.	85	00:00:26	00:29:14	63m	6'53"/km
22.	105	00:01:52	00:31:06	252m	7'24"/km
23.	87	00:01:40	00:32:46	158m	10'33"/km
24.	88	00:00:57	00:33:43	72m	13'12"/km
25.	104	00:00:50	00:34:33	54m	15'26"/km
26.	90	00:01:20	00:35:53	89m	14'59"/km
27.	91	00:01:17	00:37:10	103m	12'28"/km
28.	92	00:00:57	00:38:07	156m	6'05"/km
29.	93	00:00:52	00:38:59	81m	10'42"/km
30.	94	00:00:36	00:39:35	56m	10'43"/km
31.	999	00:00:09	00:39:44	30m	5'00"/km