



HOS Kuringen

Hasselt 7.10.2021

Omega

René STEENSSENS

Balise 10

Course : H:01

Distance : 4940m

Time : 0:55:35 (11'15"/km)

8/14

O.K.

[Full result on Webres](#)

1. Noël NIJSTEN	0:36:01
2. Filip KENNIS	0:39:44
3. James GILBERT	0:39:59

1.	97	00:00:59		136m	7'14"/km
2.	98	00:01:03	00:02:02	90m	11'40"/km
3.	71	00:01:51	00:03:53	172m	10'45"/km
4.	72	00:04:19	00:08:12	504m	8'34"/km
5.	77	00:02:51	00:11:03	381m	7'29"/km
6.	73	00:00:57	00:12:00	105m	9'03"/km
7.	96	00:04:06	00:16:06	369m	11'07"/km
8.	76	00:03:14	00:19:20	302m	10'42"/km
9.	74	00:03:07	00:22:27	307m	10'09"/km
10.	95	00:01:54	00:24:21	198m	9'36"/km
11.	103	00:00:56	00:25:17	109m	8'34"/km
12.	75	00:01:42	00:26:59	112m	15'11"/km
13.	78	00:03:16	00:30:15	167m	19'34"/km
14.	79	00:01:55	00:32:10	165m	11'37"/km
15.	80	00:01:25	00:33:35	136m	10'25"/km
16.	81	00:02:13	00:35:48	179m	12'23"/km
17.	84	00:01:16	00:37:04	98m	12'56"/km
18.	83	00:00:43	00:37:47	108m	6'38"/km
19.	100	00:00:31	00:38:18	54m	9'34"/km
20.	82	00:01:13	00:39:31	127m	9'35"/km
21.	85	00:00:48	00:40:19	63m	12'42"/km
22.	105	00:02:42	00:43:01	252m	10'43"/km
23.	87	00:02:23	00:45:24	158m	15'05"/km
24.	88	00:01:48	00:47:12	72m	25'00"/km
25.	104	00:01:50	00:49:02	54m	33'57"/km
26.	90	00:00:44	00:49:46	89m	8'14"/km
27.	91	00:01:36	00:51:22	103m	15'32"/km
28.	92	00:01:11	00:52:33	156m	7'35"/km
29.	93	00:01:06	00:53:39	81m	13'35"/km
30.	94	00:01:45	00:55:24	56m	31'15"/km
31.	999	00:00:11	00:55:35	30m	6'07"/km