



LOS 2023-04
provinciaal domein 20.5.2023
Omega

Tijl CHRISTIAENSEN

Omega

Course : H:01

Distance : 4660m

Time : 1:04:14 (13'47"/km)

45/53

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