



ASOM 2023 - WRE & City Race

Ghent 20.8.2023

ASOM

Yann LE HELLOCO

7707IF OPA MONTIGNY (France)

Course : M VET

Distance : 9400m

Time : 1:06:10 (7'02"/km)

24/44

O.K.

[Full result on Webres](#)

1. Kim JANSEN	0:44:04
2. Guido LENGES	0:45:37
2. Frederik LOECKX	0:45:37

1.	57	00:03:27		428m	8'04"/km
2.	67	00:00:47	00:04:14	91m	8'36"/km
3.	35	00:01:47	00:06:01	238m	7'30"/km
4.	81	00:01:51	00:07:52	101m	18'19"/km
5.	54	00:01:09	00:09:01	48m	23'57"/km
6.	66	00:00:56	00:09:57	167m	5'35"/km
7.	65	00:00:59	00:10:56	123m	8'00"/km
8.	106	00:01:46	00:12:42	125m	14'08"/km
9.	82	00:02:30	00:15:12	333m	7'30"/km
10.	64	00:02:06	00:17:18	146m	14'23"/km
11.	84	00:01:39	00:18:57	208m	7'56"/km
12.	83	00:01:19	00:20:16	198m	6'39"/km
13.	85	00:00:34	00:20:50	83m	6'50"/km
14.	73	00:04:48	00:25:38	477m	10'04"/km
15.	39	00:04:21	00:29:59	258m	16'52"/km
16.	51	00:03:11	00:33:10	464m	6'52"/km
17.	68	00:02:03	00:35:13	220m	9'19"/km
18.	86	00:02:58	00:38:11	214m	13'52"/km
19.	87	00:02:40	00:40:51	126m	21'10"/km
20.	88	00:00:55	00:41:46	84m	10'55"/km
21.	89	00:04:14	00:46:00	568m	7'27"/km
22.	58	00:02:48	00:48:48	390m	7'11"/km
23.	52	00:02:26	00:51:14	228m	10'40"/km
24.	59	00:02:24	00:53:38	285m	8'25"/km
25.	72	00:04:51	00:58:29	521m	9'19"/km
26.	69	00:01:39	01:00:08	150m	11'00"/km
27.	71	00:02:27	01:02:35	74m	33'06"/km
28.	91	00:02:44	01:05:19	322m	8'29"/km
29.	43	00:00:34	01:05:53	104m	5'27"/km
30.	999	00:00:17	01:06:10	73m	3'53"/km