



LOS 2023-08
Arenberg 21.10.2023
Omega

Jasper RENTERGHEM

Omega

Course : H:01

Distance : 5500m

Time : 0:50:05 (9'06"/km)

35/51

O.K.

[Full result on Webres](#)

1. Mats DE SMUL	0:28:16
2. Lennert LENS	0:31:08
3. Peter COKELAERE	0:33:49

1.	55	00:00:49		186m	4'23"/km
2.	56	00:01:13	00:02:02	129m	9'26"/km
3.	45	00:01:53	00:03:55	285m	6'36"/km
4.	49	00:01:35	00:05:30	176m	9'00"/km
5.	44	00:01:07	00:06:37	145m	7'42"/km
6.	54	00:01:32	00:08:09	259m	5'55"/km
7.	43	00:01:20	00:09:29	219m	6'05"/km
8.	42	00:01:14	00:10:43	120m	10'17"/km
9.	37	00:01:38	00:12:21	154m	10'36"/km
10.	41	00:01:44	00:14:05	209m	8'18"/km
11.	39	00:03:16	00:17:21	246m	13'17"/km
12.	52	00:01:43	00:19:04	178m	9'39"/km
13.	47	00:00:59	00:20:03	191m	5'09"/km
14.	50	00:00:41	00:20:44	122m	5'36"/km
15.	53	00:01:05	00:21:49	142m	7'38"/km
16.	51	00:02:57	00:24:46	247m	11'57"/km
17.	60	00:01:29	00:26:15	190m	7'48"/km
18.	35	00:01:55	00:28:10	293m	6'32"/km
19.	61	00:06:36	00:34:46	235m	28'05"/km
20.	38	00:00:45	00:35:31	112m	6'42"/km
21.	40	00:01:54	00:37:25	121m	15'42"/km
22.	48	00:01:02	00:38:27	107m	9'39"/km
23.	32	00:01:51	00:40:18	102m	18'08"/km
24.	31	00:01:06	00:41:24	121m	9'05"/km
25.	58	00:01:18	00:42:42	157m	8'17"/km
26.	34	00:03:16	00:45:58	386m	8'28"/km
27.	36	00:01:35	00:47:33	232m	6'49"/km
28.	57	00:01:39	00:49:12	245m	6'44"/km
29.	46	00:00:45	00:49:57	142m	5'17"/km
30.	999	00:00:08	00:50:05	51m	2'37"/km