



LOS 2023-08
Arenberg 21.10.2023
Omega

Tijl CHRISTIAENSEN

Omega

Course : H:01

Distance : 5500m

Time : 0:55:31 (10'06"/km)

43/51

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