



LOS 2023-04

provinciaal domein 20.5.2023

Omega

Rudi AERTS

Omega

Course : H:01

Distance : 4660m

Time : 0:41:43 (8'57"/km)

19/53

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	00:00:26		83m	5'13"/km
2.	60	00:00:44	00:01:10	101m	7'16"/km
3.	54	00:00:53	00:02:03	82m	10'46"/km
4.	32	00:00:25	00:02:28	44m	9'28"/km
5.	33	00:00:54	00:03:22	109m	8'15"/km
6.	35	00:01:24	00:04:46	188m	7'27"/km
7.	36	00:00:58	00:05:44	75m	12'53"/km
8.	40	00:01:13	00:06:57	180m	6'46"/km
9.	37	00:02:11	00:09:08	108m	20'13"/km
10.	38	00:00:41	00:09:49	73m	9'22"/km
11.	55	00:01:52	00:11:41	263m	7'06"/km
12.	41	00:01:19	00:13:00	146m	9'01"/km
13.	42	00:02:18	00:15:18	210m	10'57"/km
14.	52	00:01:58	00:17:16	220m	8'56"/km
15.	58	00:03:32	00:20:48		
16.	45	00:00:55	00:21:43	82m	11'11"/km
17.	50	00:01:12	00:22:55	107m	11'13"/km
18.	47	00:00:42	00:23:37	100m	7'00"/km
19.	46	00:00:51	00:24:28	101m	8'25"/km
20.	58	00:00:40	00:25:08	83m	8'02"/km
21.	59	00:01:29	00:26:37	195m	7'36"/km
22.	43	00:01:15	00:27:52	99m	12'38"/km
23.	48	00:01:45	00:29:37	236m	7'25"/km
24.	49	00:00:36	00:30:13	47m	12'46"/km
25.	56	00:01:48	00:32:01	192m	9'23"/km
26.	57	00:00:55	00:32:56	61m	15'02"/km
27.	31	00:02:41	00:35:37	413m	6'30"/km
28.	44	00:01:40	00:37:17	208m	8'01"/km
29.	39	00:01:13	00:38:30	199m	6'07"/km
30.	34	00:02:03	00:40:33	274m	7'29"/km
31.	51	00:00:51	00:41:24	127m	6'42"/km
32.	999	00:00:19	00:41:43	34m	9'19"/km