



LOS 2023-06

Herent 9.9.2023

Omega

Johan CLAES

Borasca

Course : H:1 - Lang

Distance : 4470m

Time : 1:04:10 (14'21"/km)

24/31

O.K.

[Full result on Webres](#)

1. Frederik LOECKX	0:27:46
2. Mats DE SMUL	0:29:25
3. Stanislaw SOLOWIEJ	0:33:16

1.	35	00:00:57		102m	9'19"/km
2.	31	00:01:18	00:02:15	118m	11'01"/km
3.	32	00:01:26	00:03:41	105m	13'39"/km
4.	55	00:05:58	00:09:39	168m	35'31"/km
5.	54	00:01:31	00:11:10	104m	14'35"/km
6.	53	00:02:39	00:13:49	207m	12'48"/km
7.	57	00:05:52	00:19:41	524m	11'12"/km
8.	58	00:00:40	00:20:21	44m	15'09"/km
9.	59	00:01:00	00:21:21	78m	12'49"/km
10.	60	00:02:10	00:23:31	201m	10'47"/km
11.	61	00:02:18	00:25:49	74m	31'05"/km
12.	51	00:04:29	00:30:18	381m	11'46"/km
13.	49	00:02:08	00:32:26		
14.	50	00:01:04	00:33:30		
15.	48	00:01:02	00:34:32	87m	11'53"/km
16.	47	00:01:53	00:36:25	127m	14'50"/km
17.	44	00:04:19	00:40:44	257m	16'48"/km
18.	41	00:01:45	00:42:29	108m	16'12"/km
19.	40	00:01:16	00:43:45	113m	11'13"/km
20.	39	00:01:14	00:44:59	114m	10'49"/km
21.	38	00:01:05	00:46:04	101m	10'44"/km
22.	46	00:03:51	00:49:55	290m	13'17"/km
23.	45	00:01:48	00:51:43	109m	16'31"/km
24.	43	00:01:34	00:53:17	108m	14'30"/km
25.	42	00:02:47	00:56:04	221m	12'36"/km
26.	33	00:04:38	01:00:42	339m	13'40"/km
27.	34	00:00:58	01:01:40	48m	20'08"/km
28.	36	00:00:47	01:02:27	57m	13'45"/km
29.	62	00:01:24	01:03:51	131m	10'41"/km
30.	999	00:00:19	01:04:10	42m	7'32"/km