



LOS 2023-08
Arenberg 21.10.2023
Omega

Rudi AERTS

Omega

Course : H:01

Distance : 5500m

Time : 0:41:00 (7'27"/km)

15/51

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