



LOS 2023-08
Arenberg 21.10.2023
Omega

Etienne DE WIT

K.O.L.

Course : H:01

Distance : 5500m

Time : 0:45:53 (8'21"/km)

27/51

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