

Lenteloop Ekeren

Ekeren 27.4.2022

Antwerp Orienteers

Paul CROTHERS

Antwerp Orienteers

Omloop : H:1

Afstand : 5580m

Tijd : 0:44:38 (8'00"/km)

18/21

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Remco HEREIJGERS | 0:28:44 |
| 2. Lennert LENS | 0:30:45 |
| 3. Ruben GRIETENS | 0:31:24 |

1.	47	00:00:52		107m	8'06"/km
2.	48	00:00:40	00:01:32	113m	5'54"/km
3.	49	00:00:58	00:02:30	95m	10'11"/km
4.	50	00:02:25	00:04:55	354m	6'50"/km
5.	51	00:01:42	00:06:37	143m	11'53"/km
6.	52	00:01:01	00:07:38	147m	6'55"/km
7.	53	00:01:22	00:09:00	248m	5'31"/km
8.	62	00:01:00	00:10:00	134m	7'28"/km
9.	57	00:04:37	00:14:37	304m	15'11"/km
10.	54	00:03:26	00:18:03	453m	7'35"/km
11.	33	00:03:59	00:22:02	588m	6'46"/km
12.	59	00:00:40	00:22:42	91m	7'20"/km
13.	34	00:00:43	00:23:25		
14.	35	00:01:24	00:24:49	157m	8'55"/km
15.	38	00:01:58	00:26:47	244m	8'04"/km
16.	37	00:00:50	00:27:37	81m	10'17"/km
17.	36	00:00:37	00:28:14	84m	7'20"/km
18.	33	00:01:44	00:29:58	176m	9'51"/km
19.	58	00:00:43	00:30:41	70m	10'14"/km
20.	44	00:00:50	00:31:31	135m	6'10"/km
21.	32	00:01:01	00:32:32	128m	7'57"/km
22.	59	00:01:12	00:33:44	214m	5'36"/km
23.	33	00:00:44	00:34:28	91m	8'04"/km
24.	40	00:01:19	00:35:47	163m	8'05"/km
25.	43	00:01:42	00:37:29	129m	13'11"/km
26.	42	00:01:15	00:38:44	103m	12'08"/km
27.	41	00:00:50	00:39:34	176m	4'44"/km
28.	60	00:00:50	00:40:24	131m	6'22"/km
29.	31	00:01:52	00:42:16	323m	5'47"/km
30.	61	00:00:52	00:43:08	147m	5'54"/km
31.	45	00:00:49	00:43:57	96m	8'30"/km
32.	56	00:00:21	00:44:18	53m	6'36"/km
33.	999	00:00:20	00:44:38	66m	5'03"/km