



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Gilberte MARIEN

K.O.L.

Omloop : D:05

Afstand : 3680m

Tijd : 1:28:55 (24'10"/km)

12/13

O.K.

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|--------------------|---------|
| 1. Els PUT | 0:41:56 |
| 2. An NUYTS | 0:47:59 |
| 3. Lutgart VANHEES | 0:55:17 |

1.	109	00:05:07		188m	27'13"/km
2.	101	00:04:52	00:09:59	196m	24'50"/km
3.	117	00:05:28	00:15:27	270m	20'15"/km
4.	114	00:05:20	00:20:47	115m	46'23"/km
5.	118	00:05:01	00:25:48	112m	44'47"/km
6.	120	00:05:35	00:31:23	252m	22'09"/km
7.	121	00:03:26	00:34:49	163m	21'04"/km
8.	125	00:09:09	00:43:58	319m	28'41"/km
9.	130	00:10:27	00:54:25	487m	21'27"/km
10.	132	00:06:02	01:00:27	352m	17'08"/km
11.	158	00:10:05	01:10:32	381m	26'28"/km
12.	162	00:08:17	01:18:49	361m	22'57"/km
13.	164	00:06:12	01:25:01	251m	24'42"/km
14.	220	00:02:44	01:27:45	148m	18'28"/km
15.	999	00:01:10	01:28:55	89m	13'07"/km

HELGA Orienteering Software