



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Myriam BRUYNINCKX

hamok

Omloop : D:05

Afstand : 3680m

Tijd : 1:33:42 (25'28"/km)

13/13

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	00:04:29		188m	23'51"/km
2.	101	00:05:21	00:09:50	196m	27'18"/km
3.	117	00:07:42	00:17:32	270m	28'31"/km
4.	114	00:03:28	00:21:00	115m	30'09"/km
5.	118	00:05:01	00:26:01	112m	44'47"/km
6.	120	00:05:59	00:32:00	252m	23'45"/km
7.	121	00:02:44	00:34:44	163m	16'46"/km
8.	125	00:14:15	00:48:59	319m	44'40"/km
9.	130	00:06:40	00:55:39	487m	13'41"/km
10.	132	00:04:55	01:00:34	352m	13'58"/km
11.	158	00:18:16	01:18:50	381m	47'57"/km
12.	162	00:07:09	01:25:59	361m	19'48"/km
13.	164	00:04:53	01:30:52	251m	19'27"/km
14.	220	00:02:01	01:32:53	148m	13'38"/km
15.	999	00:00:49	01:33:42	89m	9'11"/km

HELGA
Orienteering Software