



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Roland VAN LOON

hamok

Omloop : H:02

Afstand : 7340m

Tijd : 1:03:01 (8'35"/km)

2/21

O.K.

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|------------------|---------|
| 1. Guido LENGES | 1:01:53 |
| 2. Dirk GOOSSENS | 1:03:01 |

1.	104	00:01:23		76m	18'12"/km
2.	108	00:01:08	00:02:31	148m	7'39"/km
3.	115	00:02:46	00:05:17	415m	6'40"/km
4.	118	00:00:43	00:06:00	95m	7'33"/km
5.	127	00:02:49	00:08:49	447m	6'18"/km
6.	125	00:02:28	00:11:17	215m	11'28"/km
7.	133	00:07:49	00:19:06	1024m	7'38"/km
8.	136	00:03:55	00:23:01	587m	6'40"/km
9.	139	00:01:54	00:24:55	210m	9'03"/km
10.	142	00:01:50	00:26:45	181m	10'08"/km
11.	145	00:02:47	00:29:32	255m	10'55"/km
12.	133	00:02:45	00:32:17	474m	5'48"/km
13.	150	00:05:08	00:37:25	577m	8'54"/km
14.	146	00:03:39	00:41:04	259m	14'06"/km
15.	149	00:04:51	00:45:55	141m	34'24"/km
16.	156	00:03:19	00:49:14	423m	7'50"/km
17.	133	00:02:30	00:51:44	288m	8'41"/km
18.	132	00:03:04	00:54:48	364m	8'25"/km
19.	158	00:02:49	00:57:37	381m	7'24"/km
20.	162	00:02:42	01:00:19	361m	7'29"/km
21.	220	00:02:19	01:02:38	335m	6'55"/km
22.	999	00:00:23	01:03:01	89m	4'18"/km

Orienteering Software