



# Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

**Steven JOCHEMS**

KOVZ

Omloop : H:03

Afstand : 5880m

Tijd : 1:01:24 (10'27"/km)

**15/40**

O.K.

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- |                         |         |
|-------------------------|---------|
| 1. Roel VAN DE MOORTELE | 0:48:22 |
| 2. Andre DE VEIRMAN     | 0:48:44 |
| 3. Luc MELIS            | 0:49:35 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 110 | 00:03:39 |          | 316m | 11'33"/km |
| 2.  | 111 | 00:00:56 | 00:04:35 | 83m  | 11'15"/km |
| 3.  | 117 | 00:01:34 | 00:06:09 | 142m | 11'02"/km |
| 4.  | 118 | 00:01:19 | 00:07:28 | 123m | 10'42"/km |
| 5.  | 120 | 00:02:31 | 00:09:59 | 252m | 9'59"/km  |
| 6.  | 123 | 00:03:03 | 00:13:02 | 325m | 9'23"/km  |
| 7.  | 131 | 00:04:13 | 00:17:15 | 426m | 9'54"/km  |
| 8.  | 145 | 00:04:15 | 00:21:30 | 511m | 8'19"/km  |
| 9.  | 141 | 00:03:39 | 00:25:09 |      |           |
| 10. | 140 | 00:00:30 | 00:25:39 |      |           |
| 11. | 138 | 00:02:38 | 00:28:17 | 223m | 11'49"/km |
| 12. | 133 | 00:04:06 | 00:32:23 | 483m | 8'29"/km  |
| 13. | 155 | 00:04:09 | 00:36:32 | 246m | 16'52"/km |
| 14. | 163 | 00:07:45 | 00:44:17 | 864m | 8'58"/km  |
| 15. | 172 | 00:03:17 | 00:47:34 | 323m | 10'10"/km |
| 16. | 171 | 00:04:23 | 00:51:57 | 381m | 11'30"/km |
| 17. | 168 | 00:03:55 | 00:55:52 | 218m | 17'58"/km |
| 18. | 165 | 00:02:47 | 00:58:39 | 282m | 9'52"/km  |
| 19. | 220 | 00:02:17 | 01:00:56 | 303m | 7'32"/km  |
| 20. | 999 | 00:00:28 | 01:01:24 | 89m  | 5'15"/km  |

Orienteering Software