



# SYLVESTER 5 DAYS 2022 - Day 4

Masy Zuid 29.12.2022

K.O.L.

**Ellen MOLS**

hamok

Omloop : D40

Afstand : 5350m

Tijd : 0:42:57 (8'02"/km) [Punten : 902]

**3/13**

O.K.

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- |                     |                |
|---------------------|----------------|
| 1. Ieva GODINA      | 0:38:44 [1000] |
| 2. Lieke VAN OPSTAL | 0:40:11 [964]  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 148 | 00:03:00 |          | 432m | 6'57"/km  |
| 2.  | 159 | 00:03:20 | 00:06:20 | 436m | 7'39"/km  |
| 3.  | 158 | 00:02:12 | 00:08:32 | 289m | 7'37"/km  |
| 4.  | 162 | 00:02:39 | 00:11:11 | 377m | 7'02"/km  |
| 5.  | 163 | 00:00:50 | 00:12:01 | 114m | 7'19"/km  |
| 6.  | 156 | 00:01:02 | 00:13:03 | 125m | 8'16"/km  |
| 7.  | 157 | 00:01:50 | 00:14:53 | 234m | 7'50"/km  |
| 8.  | 149 | 00:03:20 | 00:18:13 | 409m | 8'09"/km  |
| 9.  | 136 | 00:03:01 | 00:21:14 | 276m | 10'56"/km |
| 10. | 170 | 00:02:17 | 00:23:31 | 301m | 7'35"/km  |
| 11. | 168 | 00:01:50 | 00:25:21 | 250m | 7'20"/km  |
| 12. | 117 | 00:05:38 | 00:30:59 | 454m | 12'24"/km |
| 13. | 118 | 00:02:20 | 00:33:19 | 280m | 8'20"/km  |
| 14. | 121 | 00:01:56 | 00:35:15 | 250m | 7'44"/km  |
| 15. | 120 | 00:02:12 | 00:37:27 | 276m | 7'58"/km  |
| 16. | 126 | 00:01:35 | 00:39:02 | 247m | 6'25"/km  |
| 17. | 131 | 00:01:43 | 00:40:45 | 215m | 7'59"/km  |
| 18. | 220 | 00:01:50 | 00:42:35 | 260m | 7'03"/km  |
| 19. | 999 | 00:00:22 | 00:42:57 | 87m  | 4'13"/km  |

Orienteering Software