



# SYLVESTER 5 DAYS 2022 - Day 4

Masy Zuid 29.12.2022

K.O.L.

**Jean-Marc GILLET**

Omega

Omloop : H50

Afstand : 5660m

Tijd : 0:44:02 (7'47"/km) [Punten : 759]

**11/24**

O.K.

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|                    |                |
|--------------------|----------------|
| 1. Roland VAN LOON | 0:33:25 [1000] |
| 2. Jérôme DANIEL   | 0:33:36 [995]  |
| 3. Stefan THIELS   | 0:34:12 [977]  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 138 | 00:03:34 |          | 465m | 7'40"/km  |
| 2.  | 137 | 00:03:06 | 00:06:40 | 421m | 7'22"/km  |
| 3.  | 116 | 00:07:00 | 00:13:40 | 974m | 7'11"/km  |
| 4.  | 106 | 00:03:01 | 00:16:41 | 368m | 8'12"/km  |
| 5.  | 104 | 00:02:48 | 00:19:29 | 327m | 8'34"/km  |
| 6.  | 161 | 00:03:32 | 00:23:01 | 419m | 8'26"/km  |
| 7.  | 169 | 00:04:24 | 00:27:25 | 540m | 8'09"/km  |
| 8.  | 154 | 00:01:36 | 00:29:01 | 210m | 7'37"/km  |
| 9.  | 150 | 00:02:18 | 00:31:19 | 223m | 10'19"/km |
| 10. | 149 | 00:01:32 | 00:32:51 | 157m | 9'46"/km  |
| 11. | 170 | 00:03:33 | 00:36:24 | 447m | 7'57"/km  |
| 12. | 124 | 00:03:08 | 00:39:32 | 425m | 7'22"/km  |
| 13. | 126 | 00:00:59 | 00:40:31 | 124m | 7'56"/km  |
| 14. | 130 | 00:01:53 | 00:42:24 | 245m | 7'41"/km  |
| 15. | 220 | 00:01:13 | 00:43:37 | 187m | 6'30"/km  |
| 16. | 999 | 00:00:25 | 00:44:02 | 87m  | 4'47"/km  |

Orienteering Software