



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Ellen MOLS

hamok

Omloop : D:03

Afstand : 5500m

Tijd : 0:47:20 (8'36"/km)

2/26

O.K.

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- | | |
|---------------------|---------|
| 1. Maija TAILLIEU | 0:46:59 |
| 3. Lieke VAN OPSTAL | 0:47:21 |

1.	106	00:03:35		400m	8'58"/km
2.	134	00:07:06	00:10:41	897m	7'55"/km
3.	112	00:02:29	00:13:10	324m	7'40"/km
4.	114	00:02:27	00:15:37	331m	7'24"/km
5.	115	00:00:48	00:16:25	90m	8'53"/km
6.	113	00:01:54	00:18:19	216m	8'48"/km
7.	119	00:02:01	00:20:20	262m	7'42"/km
8.	118	00:01:37	00:21:57	207m	7'49"/km
9.	122	00:01:22	00:23:19	143m	9'33"/km
10.	116	00:01:33	00:24:52	190m	8'09"/km
11.	162	00:01:24	00:26:16	156m	8'58"/km
12.	155	00:04:36	00:30:52	615m	7'29"/km
13.	152	00:02:11	00:33:03	282m	7'45"/km
14.	150	00:00:59	00:34:02	93m	10'34"/km
15.	146	00:01:40	00:35:42	189m	8'49"/km
16.	158	00:03:53	00:39:35	281m	13'49"/km
17.	137	00:01:40	00:41:15	170m	9'48"/km
18.	140	00:00:38	00:41:53	80m	7'55"/km
19.	157	00:02:40	00:44:33	217m	12'17"/km
20.	148	00:01:46	00:46:19	185m	9'33"/km
21.	220	00:00:41	00:47:00	84m	8'08"/km
22.	999	00:00:20	00:47:20	87m	3'50"/km

Orienteering Software