



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Gaëlle FRONHOFFS

VUB

Omloop : D:BUSF D

Afstand : 7010m

Tijd : 0:56:00 (7'59"/km)

6/11

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Ems DE SMUL | 0:44:06 |
| 2. Julia KREKELS | 0:46:01 |
| 3. Sarah ROOMAN | 0:46:27 |

1.	155	00:03:38		555m	6'33"/km
2.	128	00:04:57	00:08:35	794m	6'14"/km
3.	127	00:01:16	00:09:51	191m	6'38"/km
4.	134	00:04:57	00:14:48	592m	8'22"/km
5.	112	00:02:09	00:16:57	324m	6'38"/km
6.	115	00:02:55	00:19:52	392m	7'26"/km
7.	162	00:02:39	00:22:31	223m	11'53"/km
8.	123	00:01:44	00:24:15	277m	6'15"/km
9.	118	00:01:43	00:25:58	204m	8'25"/km
10.	117	00:00:47	00:26:45	111m	7'03"/km
11.	120	00:01:43	00:28:28	233m	7'22"/km
12.	121	00:01:01	00:29:29	158m	6'26"/km
13.	111	00:05:09	00:34:38	553m	9'19"/km
14.	125	00:03:36	00:38:14	519m	6'56"/km
15.	135	00:05:26	00:43:40	310m	17'32"/km
16.	153	00:01:59	00:45:39	274m	7'14"/km
17.	152	00:00:56	00:46:35	178m	5'15"/km
18.	146	00:02:01	00:48:36	271m	7'26"/km
19.	139	00:01:32	00:50:08	186m	8'15"/km
20.	140	00:01:13	00:51:21	155m	7'51"/km
21.	159	00:02:30	00:53:51	248m	10'05"/km
22.	144	00:01:07	00:54:58		
23.	220	00:00:28	00:55:26	87m	5'22"/km
24.	999	00:00:34	00:56:00	87m	6'31"/km

Orienteering Software