



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Koen MEYNEN

hamok

Omloop : H:03

Afstand : 5500m

Tijd : 0:50:52 (9'15"/km)

17/41

O.K.

[Volledige uitslagen op Webres](#)

1. Bob DE CLEENE	0:36:12
2. Thomas JANSEN	0:36:17
3. Rudy ROOMAN	0:39:07

1.	106	00:03:28		400m	8'40"/km
2.	134	00:06:40	00:10:08	897m	7'26"/km
3.	112	00:02:31	00:12:39	324m	7'46"/km
4.	114	00:04:16	00:16:55	331m	12'53"/km
5.	115	00:00:48	00:17:43	90m	8'53"/km
6.	113	00:01:32	00:19:15	216m	7'06"/km
7.	119	00:02:06	00:21:21	262m	8'01"/km
8.	118	00:01:42	00:23:03	207m	8'13"/km
9.	122	00:01:13	00:24:16	143m	8'30"/km
10.	116	00:03:39	00:27:55	190m	19'13"/km
11.	162	00:01:21	00:29:16	156m	8'39"/km
12.	155	00:08:08	00:37:24	615m	13'13"/km
13.	152	00:02:08	00:39:32	282m	7'34"/km
14.	150	00:00:48	00:40:20	93m	8'36"/km
15.	146	00:01:37	00:41:57	189m	8'33"/km
16.	158	00:02:34	00:44:31	281m	9'08"/km
17.	137	00:01:23	00:45:54	170m	8'08"/km
18.	140	00:00:39	00:46:33	80m	8'08"/km
19.	157	00:01:38	00:48:11	217m	7'32"/km
20.	148	00:01:40	00:49:51	185m	9'01"/km
21.	220	00:00:38	00:50:29	84m	7'32"/km
22.	999	00:00:23	00:50:52	87m	4'24"/km

Orienteering Software