



**City O Cup 1 - 2023**  
**MEERHOUT 30.4.2023**  
**K.O.L.**

**Roman ELSEN**

Omega

Omloop : H:02

Afstand : 4510m

--/27

niet geklasseerd

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- |                    |         |
|--------------------|---------|
| 1. Frederik LOECKX | 0:30:08 |
| 2. Roland VAN LOON | 0:31:55 |
| 3. Roel SMOLDERS   | 0:34:39 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 160 | 00:01:16 |          | 128m | 9'54"/km  |
| 2.  | 163 | 00:01:42 | 00:02:58 | 283m | 6'00"/km  |
| 3.  | 173 | 00:02:57 | 00:05:55 | 208m | 14'11"/km |
| 4.  | 178 | 00:04:13 | 00:10:08 |      |           |
| 5.  | 182 | 00:02:01 | 00:12:09 | 238m | 8'28"/km  |
| 6.  | 187 | 00:02:29 | 00:14:38 | 389m | 6'23"/km  |
| 7.  | 188 | 00:00:00 | 00:14:38 | 82m  | 0'00"/km  |
| 8.  | 194 | 00:01:33 | 00:16:11 | 263m | 5'54"/km  |
| 9.  | 197 | 00:01:20 | 00:17:31 | 47m  | 28'22"/km |
| 10. | 198 | 00:00:28 | 00:17:59 | 90m  | 5'11"/km  |
| 11. | 204 | 00:04:19 | 00:22:18 | 399m | 10'49"/km |
| 12. | 207 | 00:01:32 | 00:23:50 | 236m | 6'30"/km  |
| 13. | 208 | 00:00:00 | 00:23:50 | 23m  | 0'00"/km  |
| 14. | 210 | 00:02:10 | 00:26:00 | 352m | 6'09"/km  |
| 15. | 211 | 00:02:39 | 00:28:39 | 320m | 8'17"/km  |
| 16. | 213 | 00:01:54 | 00:30:33 | 297m | 6'24"/km  |
| 17. | 214 | 00:00:00 | 00:30:33 | 22m  | 0'00"/km  |
| 18. | 199 | 00:01:17 | 00:31:50 | 125m | 10'16"/km |
| 19. | 192 | 00:01:20 | 00:33:10 | 207m | 6'26"/km  |
| 20. | 189 | 00:01:33 | 00:34:43 | 174m | 8'54"/km  |
| 21. | 200 | 00:00:55 | 00:35:38 | 117m | 7'50"/km  |
| 22. | 220 | 00:00:35 | 00:36:13 | 81m  | 7'12"/km  |
| 23. | 999 | 00:00:20 | 00:36:33 | 75m  | 4'27"/km  |

Orienteering Software