



# Nationale lang Sonnis - Kelchterhoef HOUTHALEN 1.10.2023 K.O.L.

**Pim VAN DER WIJK**

Antwerp Orienteers

Omloop : LD

Afstand : 7550m

Tijd : 1:13:15 (9'42"/km)

**5/25**

O.K.

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|                  |         |
|------------------|---------|
| 1. Arno KEUPPENS | 0:50:08 |
| 2. Jeremy GENAR  | 0:54:54 |
| 3. Miek FABRÉ    | 1:02:30 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 127 | 00:04:20 |          | 549m  | 7'54"/km  |
| 2.  | 193 | 00:03:01 | 00:07:21 | 368m  | 8'12"/km  |
| 3.  | 172 | 00:03:53 | 00:11:14 | 433m  | 8'58"/km  |
| 4.  | 148 | 00:12:27 | 00:23:41 | 1083m | 11'30"/km |
| 5.  | 165 | 00:02:19 | 00:26:00 | 275m  | 8'25"/km  |
| 6.  | 134 | 00:01:35 | 00:27:35 | 181m  | 8'45"/km  |
| 7.  | 110 | 00:04:27 | 00:32:02 | 552m  | 8'04"/km  |
| 8.  | 108 | 00:02:04 | 00:34:06 | 229m  | 9'01"/km  |
| 9.  | 186 | 00:02:10 | 00:36:16 | 164m  | 13'13"/km |
| 10. | 194 | 00:03:04 | 00:39:20 | 312m  | 9'50"/km  |
| 11. | 116 | 00:03:08 | 00:42:28 | 324m  | 9'40"/km  |
| 12. | 136 | 00:01:22 | 00:43:50 | 133m  | 10'17"/km |
| 13. | 176 | 00:04:44 | 00:48:34 | 479m  | 9'53"/km  |
| 14. | 104 | 00:02:50 | 00:51:24 | 192m  | 14'45"/km |
| 15. | 181 | 00:05:10 | 00:56:34 | 519m  | 9'57"/km  |
| 16. | 188 | 00:06:18 | 01:02:52 | 622m  | 10'08"/km |
| 17. | 170 | 00:03:14 | 01:06:06 | 326m  | 9'55"/km  |
| 18. | 123 | 00:02:31 | 01:08:37 | 208m  | 12'06"/km |
| 19. | 118 | 00:02:44 | 01:11:21 | 179m  | 15'16"/km |
| 20. | 200 | 00:00:46 | 01:12:07 | 116m  | 6'37"/km  |
| 21. | 999 | 00:01:08 | 01:13:15 | 229m  | 4'57"/km  |

Orienteering Software