



SYLVESTER 5 DAYS 2023 - DAY 1

Pijnven Noord 26.12.2023

Omega

Adam CONWAY

Guildford Orienteers

Omloop : HE

Afstand : 8690m

Tijd : 1:04:47 (7'27"/km) [Punten : 718]

12/22

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|----------------|
| 1. Benjamin ANCIAUX | 0:46:29 [1000] |
| 2. Roman ZBRANEK | 0:49:06 [947] |
| 3. Simon KREKELS | 0:49:40 [936] |

1.	172	00:01:26		200m	7'10"/km
2.	178	00:01:46	00:03:12	252m	7'01"/km
3.	111	00:01:12	00:04:24	160m	7'30"/km
4.	114	00:01:03	00:05:27	165m	6'22"/km
5.	121	00:02:45	00:08:12	448m	6'08"/km
6.	149	00:03:42	00:11:54	435m	8'30"/km
7.	147	00:01:00	00:12:54	154m	6'30"/km
8.	142	00:03:23	00:16:17	373m	9'04"/km
9.	143	00:03:18	00:19:35	408m	8'05"/km
10.	145	00:02:25	00:22:00	288m	8'23"/km
11.	146	00:01:36	00:23:36	221m	7'14"/km
12.	140	00:04:15	00:27:51	596m	7'08"/km
13.	139	00:03:21	00:31:12	214m	15'39"/km
14.	161	00:00:49	00:32:01	81m	10'05"/km
15.	137	00:01:20	00:33:21	166m	8'02"/km
16.	135	00:02:28	00:35:49	350m	7'03"/km
17.	132	00:03:28	00:39:17	426m	8'08"/km
18.	133	00:01:19	00:40:36	208m	6'20"/km
19.	165	00:01:41	00:42:17	242m	6'57"/km
20.	129	00:02:42	00:44:59	387m	6'59"/km
21.	127	00:01:32	00:46:31	212m	7'14"/km
22.	124	00:01:56	00:48:27	258m	7'30"/km
23.	123	00:02:30	00:50:57	266m	9'24"/km
24.	113	00:02:32	00:53:29	364m	6'58"/km
25.	115	00:01:43	00:55:12	191m	8'59"/km
26.	119	00:01:31	00:56:43	184m	8'15"/km
27.	151	00:02:36	00:59:19	459m	5'40"/km
28.	155	00:02:22	01:01:41	395m	5'59"/km
29.	158	00:01:21	01:03:02	178m	7'35"/km
30.	169	00:01:22	01:04:24	260m	5'15"/km
31.	999	00:00:23	01:04:47	104m	3'41"/km