



## Regionale Hechtelse duinen

HECHTEL 21.1.2024

K.O.L.

**Anja STYNEN**

hamok

Omloop : D:04

Afstand : 4540m

Tijd : 1:37:55 (21'34"/km)

20/22

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Claire SANDEVOIR | 0:48:03 |
| 2. Els PUT          | 0:49:56 |
| 3. Linda VERBRAKEN  | 0:50:48 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 140 | 00:05:29 |          | 293m | 18'43"/km |
| 2.  | 156 | 00:04:09 | 00:09:38 | 251m | 16'32"/km |
| 3.  | 142 | 00:07:47 | 00:17:25 | 548m | 14'12"/km |
| 4.  | 139 | 00:02:50 | 00:20:15 | 164m | 17'17"/km |
| 5.  | 104 | 00:05:24 | 00:25:39 | 279m | 19'21"/km |
| 6.  | 132 | 00:04:08 | 00:29:47 | 218m | 18'58"/km |
| 7.  | 165 | 00:08:32 | 00:38:19 | 215m | 39'41"/km |
| 8.  | 109 | 00:05:34 | 00:43:53 | 242m | 23'00"/km |
| 9.  | 118 | 00:04:01 | 00:47:54 | 192m | 20'55"/km |
| 10. | 147 | 00:04:36 | 00:52:30 | 264m | 17'25"/km |
| 11. | 134 | 00:08:09 | 01:00:39 | 464m | 17'34"/km |
| 12. | 137 | 00:07:00 | 01:07:39 | 312m | 22'26"/km |
| 13. | 175 | 00:05:27 | 01:13:06 | 250m | 21'48"/km |
| 14. | 148 | 00:07:33 | 01:20:39 | 213m | 35'27"/km |
| 15. | 121 | 00:10:17 | 01:30:56 | 169m | 60'51"/km |
| 16. | 136 | 00:03:04 | 01:34:00 | 146m | 21'00"/km |
| 17. | 123 | 00:02:32 | 01:36:32 | 162m | 15'38"/km |
| 18. | 999 | 00:01:23 | 01:37:55 | 159m | 8'42"/km  |

Orienteering Software