



# OL Zypendaal-Sonsbeek

Arnhem 28.1.2024

argus

**Jeroen LIEFRINK**

OLIFANT

Omloop : 8 KM

Afstand : 7690m

Tijd : 0:52:05 (6'46"/km)

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O.K.

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- |                      |         |
|----------------------|---------|
| 1. Roelof POSTHOUWER | 0:49:29 |
| 2. Maarten DE VRIES  | 0:51:26 |

|     |     |                   |      |           |
|-----|-----|-------------------|------|-----------|
| 1.  | 67  | 00:02:30          | 381m | 6'34"/km  |
| 2.  | 32  | 00:01:28 00:03:58 | 228m | 6'26"/km  |
| 3.  | 33  | 00:00:32 00:04:30 | 97m  | 5'30"/km  |
| 4.  | 34  | 00:01:34 00:06:04 | 241m | 6'30"/km  |
| 5.  | 35  | 00:01:45 00:07:49 | 205m | 8'32"/km  |
| 6.  | 36  | 00:01:33 00:09:22 | 296m | 5'14"/km  |
| 7.  | 38  | 00:02:41 00:12:03 | 302m | 8'53"/km  |
| 8.  | 40  | 00:01:23 00:13:26 | 207m | 6'41"/km  |
| 9.  | 44  | 00:01:46 00:15:12 | 326m | 5'25"/km  |
| 10. | 43  | 00:01:58 00:17:10 | 266m | 7'24"/km  |
| 11. | 41  | 00:01:40 00:18:50 | 116m | 14'22"/km |
| 12. | 37  | 00:02:23 00:21:13 | 352m | 6'46"/km  |
| 13. | 45  | 00:01:40 00:22:53 | 256m | 6'31"/km  |
| 14. | 39  | 00:01:14 00:24:07 | 195m | 6'19"/km  |
| 15. | 46  | 00:02:43 00:26:50 | 436m | 6'14"/km  |
| 16. | 47  | 00:02:26 00:29:16 | 304m | 8'00"/km  |
| 17. | 48  | 00:02:10 00:31:26 | 257m | 8'26"/km  |
| 18. | 54  | 00:01:04 00:32:30 | 223m | 4'47"/km  |
| 19. | 49  | 00:00:54 00:33:24 | 189m | 4'46"/km  |
| 20. | 57  | 00:01:59 00:35:23 | 284m | 6'59"/km  |
| 21. | 51  | 00:01:57 00:37:20 | 333m | 5'51"/km  |
| 22. | 52  | 00:01:45 00:39:05 | 322m | 5'26"/km  |
| 23. | 50  | 00:01:59 00:41:04 | 259m | 7'39"/km  |
| 24. | 55  | 00:02:37 00:43:41 | 345m | 7'35"/km  |
| 25. | 62  | 00:03:57 00:47:38 | 609m | 6'29"/km  |
| 26. | 60  | 00:01:16 00:48:54 | 186m | 6'49"/km  |
| 27. | 59  | 00:02:05 00:50:59 | 287m | 7'16"/km  |
| 28. | 999 | 00:01:06 00:52:05 | 188m | 5'51"/km  |

Orienteering Software