



OL Zypendaal-Sonsbeek

Arnhem 28.1.2024

argus

Ronald POULISSEN

ARGUS

Omloop : 8 KM

Afstand : 7690m

Tijd : 1:17:32 (10'05"/km)

19/27

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------|---------|
| 1. Roelof POSTHOUWER | 0:49:29 |
| 2. Maarten DE VRIES | 0:51:26 |
| 3. Jeroen LIEFRINK | 0:52:05 |

1.	67	00:03:55		381m	10'17"/km
2.	32	00:02:01	00:05:56	228m	8'51"/km
3.	33	00:00:44	00:06:40	97m	7'34"/km
4.	34	00:02:02	00:08:42	241m	8'26"/km
5.	35	00:01:56	00:10:38	205m	9'26"/km
6.	36	00:02:31	00:13:09	296m	8'30"/km
7.	38	00:03:05	00:16:14	302m	10'13"/km
8.	40	00:01:42	00:17:56	207m	8'13"/km
9.	44	00:02:08	00:20:04	326m	6'33"/km
10.	43	00:02:15	00:22:19	266m	8'28"/km
11.	41	00:02:53	00:25:12	116m	24'51"/km
12.	37	00:05:44	00:30:56	352m	16'17"/km
13.	45	00:02:14	00:33:10	256m	8'43"/km
14.	39	00:01:52	00:35:02	195m	9'34"/km
15.	46	00:03:26	00:38:28	436m	7'52"/km
16.	47	00:04:57	00:43:25	304m	16'17"/km
17.	48	00:02:31	00:45:56	257m	9'48"/km
18.	54	00:01:36	00:47:32	223m	7'10"/km
19.	49	00:01:39	00:49:11	189m	8'44"/km
20.	57	00:02:51	00:52:02	284m	10'02"/km
21.	51	00:02:52	00:54:54	333m	8'37"/km
22.	52	00:02:46	00:57:40	322m	8'36"/km
23.	50	00:02:35	01:00:15	259m	9'58"/km
24.	55	00:04:21	01:04:36	345m	12'37"/km
25.	62	00:06:29	01:11:05	609m	10'39"/km
26.	60	00:01:39	01:12:44	186m	8'52"/km
27.	59	00:02:49	01:15:33	287m	9'49"/km
28.	999	00:01:59	01:17:32	188m	10'33"/km

Orienteering Software