



OL Zypendaal-Sonsbeek

Arnhem 28.1.2024

argus

Henk STIJKEL

HOC'93

Omloop : 5 KM

Afstand : 4940m

Tijd : 1:04:07 (12'59"/km)

25/40

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Vincent VELTHUIS | 0:37:45 |
| 2. Ronald HENDRIKS | 0:41:09 |
| 3. Hanne MOURITS | 0:41:59 |

1.	63	00:01:53		166m	11'21"/km
2.	33	00:03:21	00:05:14	274m	12'14"/km
3.	34	00:02:28	00:07:42	241m	10'14"/km
4.	64	00:01:47	00:09:29	206m	8'39"/km
5.	35	00:01:37	00:11:06	169m	9'34"/km
6.	36	00:02:16	00:13:22	296m	7'39"/km
7.	38	00:04:20	00:17:42	302m	14'21"/km
8.	39	00:02:56	00:20:38	194m	15'07"/km
9.	45	00:05:14	00:25:52	195m	26'50"/km
10.	40	00:03:12	00:29:04	253m	12'39"/km
11.	44	00:03:23	00:32:27	326m	10'23"/km
12.	41	00:02:44	00:35:11	224m	12'12"/km
13.	37	00:03:59	00:39:10	352m	11'19"/km
14.	46	00:04:31	00:43:41	350m	12'54"/km
15.	48	00:07:57	00:51:38	300m	26'30"/km
16.	54	00:01:53	00:53:31	223m	8'27"/km
17.	50	00:05:04	00:58:35	328m	15'27"/km
18.	59	00:03:17	01:01:52	349m	9'24"/km
19.	999	00:02:15	01:04:07	188m	11'58"/km

Orienteering Software