



# Valentijn - Forest cup

## KEIHEUVEL - BALEN 11.2.2024

### K.O.L.

**Phil JANSSEN**

Omega

Omloop : H:03

Afstand : 5800m

Tijd : 1:05:15 (11'15"/km)

**30/40**

O.K.

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- |                       |         |
|-----------------------|---------|
| 1. Guido TIMMERS      | 0:36:40 |
| 2. Bart VAN DE MOORTE | 0:39:55 |
| 3. Jelle BAKELANTS    | 0:41:27 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 33  | 00:01:31 |          | 183m | 8'17"/km  |
| 2.  | 39  | 00:04:26 | 00:05:57 | 172m | 25'47"/km |
| 3.  | 43  | 00:02:42 | 00:08:39 | 233m | 11'35"/km |
| 4.  | 50  | 00:07:51 | 00:16:30 | 410m | 19'09"/km |
| 5.  | 53  | 00:02:55 | 00:19:25 | 181m | 16'07"/km |
| 6.  | 60  | 00:06:22 | 00:25:47 | 855m | 7'27"/km  |
| 7.  | 224 | 00:03:46 | 00:29:33 | 235m | 16'02"/km |
| 8.  | 221 | 00:05:11 | 00:34:44 | 497m | 10'26"/km |
| 9.  | 222 | 00:02:12 | 00:36:56 | 127m | 17'19"/km |
| 10. | 223 | 00:05:18 | 00:42:14 | 454m | 11'40"/km |
| 11. | 225 | 00:03:38 | 00:45:52 | 286m | 12'42"/km |
| 12. | 227 | 00:03:32 | 00:49:24 | 538m | 6'34"/km  |
| 13. | 229 | 00:03:55 | 00:53:19 | 448m | 8'45"/km  |
| 14. | 231 | 00:01:58 | 00:55:17 | 198m | 9'56"/km  |
| 15. | 233 | 00:01:46 | 00:57:03 | 168m | 10'31"/km |
| 16. | 235 | 00:03:45 | 01:00:48 | 356m | 10'32"/km |
| 17. | 237 | 00:02:17 | 01:03:05 | 174m | 13'07"/km |
| 18. | 200 | 00:01:43 | 01:04:48 | 167m | 10'17"/km |
| 19. | 999 | 00:00:27 | 01:05:15 | 114m | 3'57"/km  |

Orienteering Software