



Valentijn - Forest cup
KEIHEUVEL - BALEN 11.2.2024
K.O.L.

Alex COURSIER

TROL

Omloop : H:06

Afstand : 3270m

Tijd : 0:49:56 (15'16"/km)

2/11

O.K.

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- | | |
|---------------|---------|
| 1. Rune SELS | 0:22:37 |
| 3. Jan TOELEN | 0:51:24 |

1.	42	00:03:40		280m	13'06"/km
2.	45	00:04:03	00:07:43	215m	18'50"/km
3.	53	00:06:17	00:14:00	470m	13'22"/km
4.	55	00:05:58	00:19:58	428m	13'56"/km
5.	56	00:02:19	00:22:17	183m	12'40"/km
6.	52	00:04:45	00:27:02	405m	11'44"/km
7.	50	00:03:33	00:30:35	161m	22'03"/km
8.	44	00:04:25	00:35:00	267m	16'33"/km
9.	40	00:02:39	00:37:39	153m	17'19"/km
10.	38	00:04:27	00:42:06	162m	27'28"/km
11.	34	00:03:16	00:45:22	163m	20'02"/km
12.	200	00:03:18	00:48:40	268m	12'19"/km
13.	999	00:01:16	00:49:56	114m	11'07"/km

HELGA

Orienteering Software