

AOS Groen Kwartier

Berchem 7.3.2024

Antwerp Orienteers

Joel LEISTRA

Indiv.

Course : H:LANG

Distance : 4630m

Time : 0:23:17 (5'02"/km)

14/49

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Yannick MICHIELS | 0:17:02 |
| 2. Warre DE CUYPER | 0:17:07 |
| 3. Ruben GRIETENS | 0:18:41 |

1.	32	00:00:59		200m	4'55"/km
2.	33	00:00:44	00:01:43	140m	5'14"/km
3.	46	00:01:22	00:03:05	93m	14'42"/km
4.	47	00:00:08	00:03:13	78m	1'43"/km
5.	39	00:01:22	00:04:35	218m	6'16"/km
6.	38	00:02:56	00:07:31	512m	5'44"/km
7.	40	00:01:44	00:09:15	296m	5'51"/km
8.	41	00:02:03	00:11:18	319m	6'26"/km
9.	42	00:00:09	00:11:27	63m	2'23"/km
10.	43	00:00:27	00:11:54	71m	6'20"/km
11.	44	00:04:33	00:16:27	719m	6'20"/km
12.	45	00:01:52	00:18:19	264m	7'04"/km
13.	36	00:00:20	00:18:39	47m	7'06"/km
14.	35	00:00:18	00:18:57	128m	2'21"/km
15.	48	00:01:25	00:20:22	131m	10'49"/km
16.	34	00:00:55	00:21:17	125m	7'20"/km
17.	49	00:00:16	00:21:33	66m	4'02"/km
18.	37	00:01:34	00:23:07	191m	8'12"/km
19.	31	00:00:10	00:23:17	47m	3'33"/km
20.	999	00:00:00	00:23:17	40m	0'00"/km

Orienteering Software