



**BK midden afstand**  
**HELCHTERENBOS 27.3.2022**  
**K.O.L.**

**Natascha SPATHMANN**

K.O.L.

Omloop : D40

Afstand : 4570m

Tijd : 0:42:48 (9'22"/km)

**4/14**

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Aline HERMANS    | 0:29:40 |
| 2. Sofie HERREMANS  | 0:33:35 |
| 3. Lieke VAN OPSTAL | 0:34:33 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 156 | 00:03:43 |          | 379m | 9'48"/km  |
| 2.  | 201 | 00:01:08 | 00:04:51 | 111m | 10'13"/km |
| 3.  | 171 | 00:01:41 | 00:06:32 | 158m | 10'39"/km |
| 4.  | 143 | 00:02:02 | 00:08:34 | 211m | 9'38"/km  |
| 5.  | 154 | 00:01:13 | 00:09:47 | 148m | 8'13"/km  |
| 6.  | 199 | 00:05:43 | 00:15:30 | 591m | 9'40"/km  |
| 7.  | 157 | 00:01:14 | 00:16:44 | 163m | 7'34"/km  |
| 8.  | 149 | 00:05:09 | 00:21:53 | 300m | 17'10"/km |
| 9.  | 163 | 00:00:49 | 00:22:42 | 115m | 7'06"/km  |
| 10. | 181 | 00:02:19 | 00:25:01 | 251m | 9'14"/km  |
| 11. | 175 | 00:03:13 | 00:28:14 | 325m | 9'54"/km  |
| 12. | 211 | 00:03:07 | 00:31:21 | 314m | 9'56"/km  |
| 13. | 191 | 00:02:02 | 00:33:23 | 239m | 8'30"/km  |
| 14. | 161 | 00:01:16 | 00:34:39 | 153m | 8'17"/km  |
| 15. | 220 | 00:01:35 | 00:36:14 | 183m | 8'39"/km  |
| 16. | 219 | 00:01:31 | 00:37:45 | 184m | 8'15"/km  |
| 17. | 151 | 00:01:30 | 00:39:15 | 194m | 7'44"/km  |
| 18. | 178 | 00:01:32 | 00:40:47 | 195m | 7'52"/km  |
| 19. | 166 | 00:01:10 | 00:41:57 | 163m | 7'09"/km  |
| 20. | 200 | 00:00:32 | 00:42:29 | 92m  | 5'48"/km  |
| 21. | 999 | 00:00:19 | 00:42:48 | 99m  | 3'12"/km  |

Orienteering Software