

AOS #4 Het Rooi

Berchem 14.4.2022

Antwerp Orienteers

Jan FRYDENLUND

hamok

Omloop : H:1

Afstand : 4650m

Tijd : 0:28:32 (6'08"/km)

11/19

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Remco HEREIJGERS | 0:20:28 |
| 2. Ruben GRIETENS | 0:20:31 |
| 3. Brent VLEUGELS | 0:21:21 |

1.	31	00:00:37		95m	6'29"/km
2.	33	00:03:16	00:03:53	383m	8'32"/km
3.	34	00:00:26	00:04:19	63m	6'53"/km
4.	35	00:01:30	00:05:49	267m	5'37"/km
5.	36	00:04:08	00:09:57	387m	10'41"/km
6.	37	00:01:08	00:11:05	140m	8'06"/km
7.	32	00:04:18	00:15:23	455m	9'27"/km
8.	48	00:03:34	00:18:57	215m	16'35"/km
9.	38	00:01:06	00:20:03	151m	7'17"/km
10.	41	00:01:07	00:21:10	121m	9'14"/km
11.	39	00:00:20	00:21:30	49m	6'48"/km
12.	42	00:00:35	00:22:05	103m	5'40"/km
13.	43	00:00:29	00:22:34	74m	6'32"/km
14.	41	00:00:29	00:23:03	51m	9'29"/km
15.	44	00:00:21	00:23:24	70m	5'00"/km
16.	40	00:00:55	00:24:19	141m	6'30"/km
17.	45	00:01:14	00:25:33	104m	11'52"/km
18.	41	00:00:33	00:26:06	90m	6'07"/km
19.	46	00:01:35	00:27:41	160m	9'54"/km
20.	47	00:00:35	00:28:16	103m	5'40"/km
21.	999	00:00:16	00:28:32	35m	7'37"/km

Orienteering Software