

Lenteloop Ekeren

Ekeren 27.4.2022

Antwerp Orienteers

Aleksander KOWALCZYK

Antwerp Orienteers

Omloop : H:1

Afstand : 5580m

Tijd : 0:34:24 (6'10"/km)

5/21

O.K.

[Volledige uitslagen op Webres](#)

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|---------------------|---------|
| 1. Remco HEREIJGERS | 0:28:44 |
| 2. Lennert LENS | 0:30:45 |
| 3. Ruben GRIETENS | 0:31:24 |

1.	47	00:00:41		107m	6'23"/km
2.	48	00:00:29	00:01:10	113m	4'17"/km
3.	49	00:00:34	00:01:44	95m	5'58"/km
4.	50	00:01:55	00:03:39	354m	5'25"/km
5.	51	00:00:44	00:04:23	143m	5'08"/km
6.	52	00:00:48	00:05:11	147m	5'27"/km
7.	53	00:01:10	00:06:21	248m	4'42"/km
8.	62	00:00:56	00:07:17	134m	6'58"/km
9.	57	00:03:35	00:10:52	304m	11'47"/km
10.	54	00:02:56	00:13:48	453m	6'29"/km
11.	33	00:03:19	00:17:07	588m	5'38"/km
12.	34	00:00:41	00:17:48	90m	7'36"/km
13.	35	00:01:08	00:18:56	157m	7'13"/km
14.	38	00:01:40	00:20:36	244m	6'50"/km
15.	37	00:00:38	00:21:14	81m	7'49"/km
16.	36	00:00:29	00:21:43	84m	5'45"/km
17.	33	00:01:04	00:22:47	176m	6'04"/km
18.	58	00:00:33	00:23:20	70m	7'51"/km
19.	44	00:00:40	00:24:00	135m	4'56"/km
20.	32	00:00:54	00:24:54	128m	7'02"/km
21.	59	00:01:11	00:26:05	214m	5'32"/km
22.	33	00:00:36	00:26:41	91m	6'36"/km
23.	40	00:01:01	00:27:42	163m	6'14"/km
24.	43	00:01:03	00:28:45	129m	8'08"/km
25.	42	00:00:34	00:29:19	103m	5'30"/km
26.	41	00:00:49	00:30:08	176m	4'38"/km
27.	60	00:00:41	00:30:49	131m	5'13"/km
28.	31	00:01:42	00:32:31	323m	5'16"/km
29.	61	00:00:42	00:33:13	147m	4'46"/km
30.	45	00:00:40	00:33:53	96m	6'57"/km
31.	56	00:00:16	00:34:09	53m	5'02"/km
32.	999	00:00:15	00:34:24	66m	3'47"/km