

Lenteloop Ekeren

Ekeren 27.4.2022

Antwerp Orienteers

Adriaan PELCKMANS

Antwerp Orienteers

Omloop : H:1

Afstand : 5580m

Tijd : 0:34:39 (6'13"/km)

7/21

O.K.

[Volledige uitslagen op Webres](#)

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

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