

Lenteloop Ekeren

Ekeren 27.4.2022

Antwerp Orienteers

Noël NIJSTEN

Borasca

Omloop : H:1

Afstand : 5580m

Tijd : 0:36:38 (6'34"/km)

11/21

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