



CUP-Sprint Citadelpark

GENT 1.5.2022

TROL

Paul CROTHERS

Antwerp Orienteers

Course : H50

Distance : 3360m

Time : 0:34:28 (10'15"/km)

6/6

O.K.

[Full result on Webres](#)

- | | |
|--------------------|---------|
| 1. Olivier DE SMUL | 0:21:48 |
| 2. Roland VAN LOON | 0:23:48 |
| 3. Tony UDRIS | 0:26:50 |

1.	103	00:00:46		111m	6'54"/km
2.	77	00:02:07	00:02:53	225m	9'24"/km
3.	92	00:00:42	00:03:35	65m	10'46"/km
4.	75	00:00:43	00:04:18	73m	9'49"/km
5.	74	00:00:37	00:04:55	55m	11'13"/km
6.	88	00:02:04	00:06:59	312m	6'37"/km
7.	87	00:00:57	00:07:56	114m	8'20"/km
8.	106	00:00:42	00:08:38		
9.	79	00:01:09	00:09:47		
10.	105	00:02:04	00:11:51	109m	18'58"/km
11.	98	00:00:59	00:12:50	119m	8'16"/km
12.	99	00:01:41	00:14:31	159m	10'35"/km
13.	106	00:00:51	00:15:22	107m	7'57"/km
14.	107	00:01:04	00:16:26	126m	8'28"/km
15.	94	00:00:56	00:17:22	77m	12'07"/km
16.	95	00:01:02	00:18:24	139m	7'26"/km
17.	109	00:01:16	00:19:40		
18.	96	00:01:59	00:21:39		
19.	82	00:00:43	00:22:22	78m	9'11"/km
20.	81	00:00:38	00:23:00	83m	7'38"/km
21.	100	00:00:59	00:23:59	137m	7'11"/km
22.	84	00:00:27	00:24:26	62m	7'15"/km
23.	109	00:00:46	00:25:12	120m	6'23"/km
24.	78	00:01:49	00:27:01	265m	6'51"/km
25.	93	00:02:23	00:29:24	78m	30'33"/km
26.	101	00:01:04	00:30:28	70m	15'14"/km
27.	102	00:01:47	00:32:15	200m	8'55"/km
28.	90	00:01:02	00:33:17	89m	11'37"/km
29.	71	00:00:28	00:33:45	42m	11'07"/km
30.	89	00:00:25	00:34:10	48m	8'41"/km
31.	999	00:00:18	00:34:28	33m	9'05"/km