

VK Aflossing Dagomlopen

Sint Anna Linkeroever 12.6.2022

Antwerp Orienteers

Fred TOSSERAMS

TROL

Omloop : H:Long Difficult

Afstand : 4540m

Tijd : 0:47:02 (10'22"/km)

7/10

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------------|---------|
| 1. Nikita GOLOVIZIN | 0:29:03 |
| 2. Jorran VAN DER HEIJDEN | 0:32:10 |
| 3. Jan CAPPAERT | 0:36:01 |

1.	78	00:02:19		288m	8'03"/km
2.	52	00:01:02	00:03:21	162m	6'23"/km
3.	79	00:01:42	00:05:03	160m	10'38"/km
4.	51	00:00:39	00:05:42	95m	6'51"/km
5.	50	00:00:20	00:06:02	46m	7'15"/km
6.	54	00:03:25	00:09:27	518m	6'36"/km
7.	33	00:00:24	00:09:51	60m	6'40"/km
8.	34	00:01:43	00:11:34	80m	21'27"/km
9.	35	00:04:01	00:15:35	37m	108'34"/km
10.	59	00:01:50	00:17:25	243m	7'33"/km
11.	58	00:00:29	00:17:54	38m	12'43"/km
12.	38	00:00:58	00:18:52	117m	8'16"/km
13.	74	00:00:57	00:19:49	125m	7'36"/km
14.	47	00:00:43	00:20:32	95m	7'33"/km
15.	40	00:00:42	00:21:14	73m	9'35"/km
16.	46	00:02:12	00:23:26	155m	14'12"/km
17.	66	00:04:41	00:28:07	326m	14'22"/km
18.	45	00:02:12	00:30:19	231m	9'31"/km
19.	71	00:01:17	00:31:36	146m	8'47"/km
20.	68	00:00:42	00:32:18	72m	9'43"/km
21.	67	00:02:24	00:34:42	251m	9'34"/km
22.	64	00:03:08	00:37:50	192m	16'19"/km
23.	72	00:01:04	00:38:54	114m	9'21"/km
24.	44	00:00:31	00:39:25	58m	8'54"/km
25.	39	00:01:06	00:40:31	136m	8'05"/km
26.	42	00:01:04	00:41:35	82m	13'00"/km
27.	85	00:00:36	00:42:11	68m	8'49"/km
28.	62	00:01:26	00:43:37	177m	8'06"/km
29.	77	00:01:37	00:45:14	142m	11'23"/km
30.	49	00:01:04	00:46:18	125m	8'32"/km
31.	57	00:00:28	00:46:46	81m	5'46"/km
32.	999	00:00:16	00:47:02	47m	5'40"/km