

# City Cup Berchem

## Berchem 11.9.2022

### Antwerp Orienteers

**Lennert LENS**

hamok

Omloop : H:01

Afstand : 8500m

Tijd : 0:39:31 (4'39"/km)

**5/25**

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Warre DE CUYPER  | 0:34:26 |
| 2. Wouter HUS       | 0:35:07 |
| 3. Remco HEREIJGERS | 0:37:03 |

|     |    |          |          |      |           |
|-----|----|----------|----------|------|-----------|
| 1.  | 31 | 00:00:38 |          | 84m  | 7'32"/km  |
| 2.  | 32 | 00:01:26 | 00:02:04 | 92m  | 15'35"/km |
| 3.  | 33 | 00:00:42 | 00:02:46 | 168m | 4'10"/km  |
| 4.  | 62 | 00:00:31 | 00:03:17 | 136m | 3'48"/km  |
| 5.  | 63 | 00:01:02 | 00:04:19 | 201m | 5'08"/km  |
| 6.  | 34 | 00:00:46 | 00:05:05 | 125m | 6'08"/km  |
| 7.  | 59 | 00:00:54 | 00:05:59 | 212m | 4'15"/km  |
| 8.  | 35 | 00:02:04 | 00:08:03 | 384m | 5'23"/km  |
| 9.  | 70 | 00:01:34 | 00:09:37 | 211m | 7'25"/km  |
| 10. | 37 | 00:01:06 | 00:10:43 | 210m | 5'14"/km  |
| 11. | 36 | 00:00:42 | 00:11:25 | 131m | 5'21"/km  |
| 12. | 38 | 00:00:26 | 00:11:51 | 91m  | 4'46"/km  |
| 13. | 39 | 00:00:51 | 00:12:42 | 152m | 5'36"/km  |
| 14. | 91 | 00:00:23 | 00:13:05 | 30m  | 12'47"/km |
| 15. | 40 | 00:00:00 | 00:13:05 | 78m  | 0'00"/km  |
| 16. | 41 | 00:00:50 | 00:13:55 | 93m  | 8'58"/km  |
| 17. | 42 | 00:01:50 | 00:15:45 | 329m | 5'34"/km  |
| 18. | 43 | 00:01:05 | 00:16:50 | 123m | 8'48"/km  |
| 19. | 44 | 00:00:53 | 00:17:43 | 213m | 4'09"/km  |
| 20. | 45 | 00:00:27 | 00:18:10 | 110m | 4'05"/km  |
| 21. | 46 | 00:00:25 | 00:18:35 | 51m  | 8'10"/km  |
| 22. | 60 | 00:00:41 | 00:19:16 | 163m | 4'12"/km  |
| 23. | 61 | 00:00:46 | 00:20:02 | 147m | 5'13"/km  |
| 24. | 47 | 00:00:54 | 00:20:56 | 204m | 4'25"/km  |
| 25. | 48 | 00:00:46 | 00:21:42 | 146m | 5'15"/km  |
| 26. | 49 | 00:00:17 | 00:21:59 | 35m  | 8'06"/km  |
| 27. | 65 | 00:00:35 | 00:22:34 | 100m | 5'50"/km  |
| 28. | 92 | 00:01:03 | 00:23:37 | 154m | 6'49"/km  |
| 29. | 93 | 00:00:58 | 00:24:35 | 28m  | 34'31"/km |
| 30. | 54 | 00:02:15 | 00:26:50 |      |           |
| 31. | 66 | 00:01:23 | 00:28:13 | 246m | 5'37"/km  |
| 32. | 53 | 00:00:57 | 00:29:10 | 169m | 5'37"/km  |
| 33. | 52 | 00:01:12 | 00:30:22 | 183m | 6'33"/km  |
| 34. | 51 | 00:00:38 | 00:31:00 | 63m  | 10'03"/km |
| 35. | 50 | 00:00:56 | 00:31:56 | 146m | 6'24"/km  |
| 36. | 55 | 00:02:16 | 00:34:12 | 417m | 5'26"/km  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 37. | 56  | 00:00:34 | 00:34:46 | 134m | 4'14"/km  |
| 38. | 64  | 00:00:56 | 00:35:42 | 158m | 5'54"/km  |
| 39. | 90  | 00:01:55 | 00:37:37 | 107m | 17'55"/km |
| 40. | 58  | 00:00:53 | 00:38:30 | 189m | 4'40"/km  |
| 41. | 999 | 00:00:12 | 00:38:42 | 41m  | 4'53"/km  |

