



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Liset HENDRICKX

Omega

Omloop : D:05

Afstand : 3680m

Tijd : 0:56:44 (15'25"/km)

4/13

O.K.

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|--------------------|---------|
| 1. Els PUT | 0:41:56 |
| 2. An NUYTS | 0:47:59 |
| 3. Lutgart VANHEES | 0:55:17 |

1.	109	00:03:39		188m	19'25"/km
2.	101	00:04:28	00:08:07	196m	22'47"/km
3.	117	00:03:04	00:11:11	270m	11'21"/km
4.	114	00:02:18	00:13:29	115m	20'00"/km
5.	118	00:02:51	00:16:20	112m	25'27"/km
6.	120	00:04:09	00:20:29	252m	16'28"/km
7.	121	00:02:08	00:22:37	163m	13'05"/km
8.	125	00:07:00	00:29:37	319m	21'57"/km
9.	130	00:08:19	00:37:56	487m	17'05"/km
10.	132	00:03:25	00:41:21	352m	9'42"/km
11.	158	00:04:22	00:45:43	381m	11'28"/km
12.	162	00:04:31	00:50:14	361m	12'31"/km
13.	164	00:04:10	00:54:24	251m	16'36"/km
14.	220	00:01:37	00:56:01	148m	10'55"/km
15.	999	00:00:43	00:56:44	89m	8'03"/km

Orienteering Software