



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Sonja NIJS

Omega

Omloop : D:05

Afstand : 3680m

Tijd : 1:10:28 (19'09"/km)

9/13

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	00:03:56		188m	20'55"/km
2.	101	00:05:04	00:09:00	196m	25'51"/km
3.	117	00:04:24	00:13:24	270m	16'18"/km
4.	114	00:03:47	00:17:11	115m	32'54"/km
5.	118	00:08:56	00:26:07	112m	79'46"/km
6.	120	00:08:09	00:34:16	252m	32'20"/km
7.	121	00:03:27	00:37:43	163m	21'10"/km
8.	125	00:06:24	00:44:07	319m	20'04"/km
9.	130	00:07:10	00:51:17	487m	14'43"/km
10.	132	00:03:38	00:54:55	352m	10'19"/km
11.	158	00:04:44	00:59:39	381m	12'25"/km
12.	162	00:05:05	01:04:44	361m	14'05"/km
13.	164	00:03:50	01:08:34	251m	15'16"/km
14.	220	00:01:16	01:09:50	148m	8'34"/km
15.	999	00:00:38	01:10:28	89m	7'07"/km

HELGA
Orienteering Software