



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Lennert LENS

hamok

Omloop : H:01

Afstand : 8900m

Tijd : 1:09:49 (7'51"/km)

7/23

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Tomas HENDRICKX | 0:57:10 |
| 2. Nico CEUNEN | 0:58:20 |
| 3. Desmond FRANSSEN | 0:59:35 |

1.	109	00:01:40		188m	8'52"/km
2.	115	00:02:32	00:04:12	346m	7'19"/km
3.	127	00:04:58	00:09:10	539m	9'13"/km
4.	134	00:06:11	00:15:21	1209m	5'07"/km
5.	154	00:05:02	00:20:23	431m	11'41"/km
6.	150	00:01:27	00:21:50	192m	7'33"/km
7.	147	00:01:52	00:23:42	319m	5'51"/km
8.	149	00:08:07	00:31:49	253m	32'05"/km
9.	156	00:03:03	00:34:52	423m	7'13"/km
10.	134	00:02:54	00:37:46	395m	7'21"/km
11.	136	00:03:06	00:40:52	480m	6'28"/km
12.	141	00:02:48	00:43:40	339m	8'16"/km
13.	143	00:02:02	00:45:42	98m	20'45"/km
14.	144	00:01:03	00:46:45	152m	6'54"/km
15.	145	00:00:41	00:47:26	63m	10'51"/km
16.	134	00:01:57	00:49:23	419m	4'39"/km
17.	163	00:08:12	00:57:35	1056m	7'46"/km
18.	165	00:03:11	01:00:46	506m	6'17"/km
19.	168	00:01:54	01:02:40	282m	6'44"/km
20.	170	00:01:42	01:04:22	190m	8'57"/km
21.	166	00:02:30	01:06:52	498m	5'01"/km
22.	172	00:01:06	01:07:58	116m	9'29"/km
23.	220	00:01:34	01:09:32	314m	4'59"/km
24.	999	00:00:17	01:09:49	89m	3'11"/km

Orienteering Software