



# Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

**Pawel PRUSKOWSKI**

K.O.L.

Omloop : H:01

Afstand : 8900m

Tijd : 1:30:49 (10'12"/km)

**16/23**

O.K.

[Volledige uitslagen op Webres](#)

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

1.	109	00:02:54		188m	15'26"/km
2.	115	00:02:56	00:05:50	346m	8'29"/km
3.	127	00:07:05	00:12:55	539m	13'08"/km
4.	134	00:08:24	00:21:19	1209m	6'57"/km
5.	154	00:04:15	00:25:34	431m	9'52"/km
6.	150	00:02:28	00:28:02	192m	12'51"/km
7.	147	00:04:06	00:32:08	319m	12'51"/km
8.	149	00:02:43	00:34:51	253m	10'44"/km
9.	156	00:04:05	00:38:56	423m	9'39"/km
10.	134	00:07:04	00:46:00	395m	17'53"/km
11.	136	00:03:34	00:49:34	480m	7'26"/km
12.	141	00:03:42	00:53:16	339m	10'55"/km
13.	143	00:02:18	00:55:34	98m	23'28"/km
14.	144	00:02:04	00:57:38	152m	13'36"/km
15.	145	00:01:25	00:59:03	63m	22'29"/km
16.	134	00:02:48	01:01:51	419m	6'41"/km
17.	163	00:08:06	01:09:57	1056m	7'40"/km
18.	165	00:05:28	01:15:25	506m	10'48"/km
19.	168	00:03:42	01:19:07	282m	13'07"/km
20.	170	00:03:23	01:22:30	190m	17'48"/km
21.	166	00:03:31	01:26:01	498m	7'04"/km
22.	172	00:01:29	01:27:30	116m	12'47"/km
23.	220	00:02:52	01:30:22	314m	9'08"/km
24.	999	00:00:27	01:30:49	89m	5'03"/km

Orienteering Software