



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Ronny TIMMERS

hamok

Omloop : H:02

Afstand : 7340m

Tijd : 1:03:12 (8'37"/km)

4/21

O.K.

[Volledige uitslagen op Webres](#)

1. Guido LENGES	1:01:53
2. Roland VAN LOON	1:03:01
2. Dirk GOOSSENS	1:03:01

1.	104	00:01:25		76m	18'38"/km
2.	108	00:01:12	00:02:37	148m	8'06"/km
3.	115	00:03:36	00:06:13	415m	8'40"/km
4.	118	00:00:44	00:06:57	95m	7'43"/km
5.	127	00:02:47	00:09:44	447m	6'14"/km
6.	125	00:02:06	00:11:50	215m	9'46"/km
7.	133	00:07:37	00:19:27	1024m	7'26"/km
8.	136	00:04:12	00:23:39	587m	7'09"/km
9.	139	00:01:59	00:25:38	210m	9'27"/km
10.	142	00:04:18	00:29:56	181m	23'45"/km
11.	145	00:02:56	00:32:52	255m	11'30"/km
12.	133	00:03:57	00:36:49	474m	8'20"/km
13.	150	00:04:02	00:40:51	577m	6'59"/km
14.	146	00:02:34	00:43:25	259m	9'55"/km
15.	149	00:01:35	00:45:00	141m	11'14"/km
16.	156	00:03:23	00:48:23	423m	8'00"/km
17.	133	00:02:14	00:50:37	288m	7'45"/km
18.	132	00:02:45	00:53:22	364m	7'33"/km
19.	158	00:02:53	00:56:15	381m	7'34"/km
20.	162	00:03:44	00:59:59	361m	10'20"/km
21.	220	00:02:46	01:02:45	335m	8'16"/km
22.	999	00:00:27	01:03:12	89m	5'03"/km

Orienteering Software