



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Ferdy NIJST

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Omloop : H:05

Afstand : 3680m

Tijd : 0:52:56 (14'23"/km)

6/22

O.K.

[Volledige uitslagen op Webres](#)

1. Alfred SIMKENS	0:36:39
2. Frans WENS	0:40:09
3. Rogier VANAKEN	0:41:53

1.	109	00:03:46		188m	20'02"/km
2.	101	00:03:53	00:07:39	196m	19'49"/km
3.	117	00:05:17	00:12:56	270m	19'34"/km
4.	114	00:01:36	00:14:32	115m	13'55"/km
5.	118	00:03:02	00:17:34	112m	27'05"/km
6.	120	00:03:24	00:20:58	252m	13'30"/km
7.	121	00:01:57	00:22:55	163m	11'58"/km
8.	125	00:03:58	00:26:53	319m	12'26"/km
9.	130	00:05:37	00:32:30	487m	11'32"/km
10.	132	00:03:27	00:35:57	352m	9'48"/km
11.	158	00:05:08	00:41:05	381m	13'28"/km
12.	162	00:04:51	00:45:56	361m	13'26"/km
13.	164	00:04:55	00:50:51	251m	19'35"/km
14.	220	00:01:22	00:52:13	148m	9'14"/km
15.	999	00:00:43	00:52:56	89m	8'03"/km

HELGA Orienteering Software