



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Viek DE MITS

TROL

Omloop : H:05

Afstand : 3680m

Tijd : 0:59:40 (16'13"/km)

11/22

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	00:03:15		188m	17'17"/km
2.	101	00:02:04	00:05:19	196m	10'33"/km
3.	117	00:04:01	00:09:20	270m	14'53"/km
4.	114	00:04:27	00:13:47	115m	38'42"/km
5.	118	00:01:21	00:15:08	112m	12'03"/km
6.	120	00:02:19	00:17:27	252m	9'12"/km
7.	121	00:01:56	00:19:23	163m	11'52"/km
8.	125	00:07:04	00:26:27	319m	22'09"/km
9.	130	00:09:23	00:35:50	487m	19'16"/km
10.	132	00:03:18	00:39:08	352m	9'23"/km
11.	158	00:06:42	00:45:50	381m	17'35"/km
12.	162	00:04:36	00:50:26	361m	12'45"/km
13.	164	00:07:33	00:57:59	251m	30'05"/km
14.	220	00:01:15	00:59:14	148m	8'27"/km
15.	999	00:00:26	00:59:40	89m	4'52"/km

HELGA Orienteering Software