



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Mark VAN BRUGGEN

TROL

Omloop : H:05

Afstand : 3680m

Tijd : 1:03:29 (17'15"/km)

14/22

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	00:04:16		188m	22'42"/km
2.	101	00:02:36	00:06:52	196m	13'16"/km
3.	117	00:04:00	00:10:52	270m	14'49"/km
4.	114	00:02:33	00:13:25	115m	22'10"/km
5.	118	00:02:37	00:16:02	112m	23'22"/km
6.	120	00:03:25	00:19:27	252m	13'33"/km
7.	121	00:02:21	00:21:48	163m	14'25"/km
8.	125	00:05:00	00:26:48	319m	15'40"/km
9.	130	00:12:34	00:39:22	487m	25'48"/km
10.	132	00:04:26	00:43:48	352m	12'36"/km
11.	158	00:05:46	00:49:34	381m	15'08"/km
12.	162	00:06:37	00:56:11	361m	18'20"/km
13.	164	00:04:25	01:00:36	251m	17'36"/km
14.	220	00:02:01	01:02:37	148m	13'38"/km
15.	999	00:00:52	01:03:29	89m	9'44"/km

HELGA Orienteering Software