



**3 daagse van Limburg**  
**De Saenhoeve Zuid 13.8.2016**  
**Omega**

**Frans APPELBOOM**

ARGUS

Course : LD

Distance : 7000m (Climbing 110m)

Time : 1:28:10 (12'35"/km)

**15/21**

O.K.

[Full result on Webres](#)

- |                       |         |
|-----------------------|---------|
| 1. Tristan BLOEMEN    | 0:42:06 |
| 2. Ondrej KOTECHY     | 0:52:22 |
| 3. Niels Peter FOPPEN | 0:58:14 |

HELGA



Orienteering Software