



# NST Dagomlopen dag 3

## Schipsgat duinen 13.11.2022

### K.O.L.

**Jil ROSEWICK**

OLV Eifel

Omloop : D:LE

Afstand : 4540m

Tijd : 1:26:43 (19'06"/km)

**6/8**

O.K.

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|                   |         |
|-------------------|---------|
| 1. Julie FOURNIER | 0:57:25 |
| 2. Lien ADDIERS   | 1:01:42 |
| 3. Helene GODENNE | 1:13:54 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 142 | 00:02:05 |          | 107m | 19'28"/km |
| 2.  | 234 | 00:01:18 | 00:03:23 | 93m  | 13'59"/km |
| 3.  | 237 | 00:02:50 | 00:06:13 | 168m | 16'52"/km |
| 4.  | 240 | 00:03:53 | 00:10:06 | 183m | 21'13"/km |
| 5.  | 170 | 00:05:30 | 00:15:36 | 256m | 21'29"/km |
| 6.  | 121 | 00:01:43 | 00:17:19 | 124m | 13'51"/km |
| 7.  | 123 | 00:02:28 | 00:19:47 | 159m | 15'31"/km |
| 8.  | 101 | 00:02:35 | 00:22:22 | 109m | 23'42"/km |
| 9.  | 149 | 00:03:03 | 00:25:25 | 138m | 22'06"/km |
| 10. | 125 | 00:08:35 | 00:34:00 | 479m | 17'55"/km |
| 11. | 235 | 00:02:40 | 00:36:40 | 186m | 14'20"/km |
| 12. | 104 | 00:01:21 | 00:38:01 | 74m  | 18'15"/km |
| 13. | 131 | 00:16:01 | 00:54:02 | 268m | 59'46"/km |
| 14. | 129 | 00:02:53 | 00:56:55 | 205m | 14'04"/km |
| 15. | 155 | 00:02:58 | 00:59:53 | 198m | 14'59"/km |
| 16. | 105 | 00:01:47 | 01:01:40 | 126m | 14'09"/km |
| 17. | 133 | 00:03:38 | 01:05:18 | 242m | 15'01"/km |
| 18. | 135 | 00:05:17 | 01:10:35 | 334m | 15'49"/km |
| 19. | 108 | 00:03:13 | 01:13:48 | 258m | 12'28"/km |
| 20. | 107 | 00:02:58 | 01:16:46 | 177m | 16'46"/km |
| 21. | 138 | 00:02:13 | 01:18:59 | 160m | 13'51"/km |
| 22. | 139 | 00:03:03 | 01:22:02 | 128m | 23'50"/km |
| 23. | 166 | 00:02:53 | 01:24:55 | 220m | 13'06"/km |
| 24. | 220 | 00:01:37 | 01:26:32 | 110m | 14'42"/km |
| 25. | 999 | 00:00:11 | 01:26:43 | 40m  | 4'35"/km  |

Orienteering Software