



# SYLVESTER 5 DAYS 2022 - Day 3

## Brouwhuisseheide 28.12.2022

### KOVZ

**Lennert LENS**

hamok

Omloop : HE

Afstand : 8400m

Tijd : 0:49:44 (5'55"/km) [Punten : 886]

**9/26**

O.K.

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- |                        |                |
|------------------------|----------------|
| 1. Benjamin ANCIAUX    | 0:44:04 [1000] |
| 2. Warre DE CUYPER     | 0:45:15 [974]  |
| 3. Christoph PRUNSCHKE | 0:46:33 [947]  |

|     |     |          |          |       |          |
|-----|-----|----------|----------|-------|----------|
| 1.  | 159 | 00:01:51 |          | 371m  | 4'59"/km |
| 2.  | 165 | 00:02:52 | 00:04:43 | 461m  | 6'13"/km |
| 3.  | 122 | 00:00:58 | 00:05:41 | 204m  | 4'44"/km |
| 4.  | 105 | 00:01:39 | 00:07:20 | 299m  | 5'31"/km |
| 5.  | 115 | 00:01:30 | 00:08:50 | 312m  | 4'48"/km |
| 6.  | 113 | 00:01:12 | 00:10:02 | 158m  | 7'36"/km |
| 7.  | 108 | 00:01:12 | 00:11:14 | 212m  | 5'40"/km |
| 8.  | 104 | 00:01:18 | 00:12:32 | 226m  | 5'45"/km |
| 9.  | 102 | 00:01:28 | 00:14:00 | 265m  | 5'32"/km |
| 10. | 111 | 00:01:08 | 00:15:08 | 160m  | 7'05"/km |
| 11. | 106 | 00:11:19 | 00:26:27 | 2002m | 5'39"/km |
| 12. | 173 | 00:01:12 | 00:27:39 | 193m  | 6'13"/km |
| 13. | 174 | 00:02:16 | 00:29:55 | 297m  | 7'38"/km |
| 14. | 175 | 00:02:07 | 00:32:02 | 238m  | 8'54"/km |
| 15. | 116 | 00:00:44 | 00:32:46 | 93m   | 7'53"/km |
| 16. | 160 | 00:01:11 | 00:33:57 | 195m  | 6'04"/km |
| 17. | 169 | 00:02:30 | 00:36:27 | 469m  | 5'20"/km |
| 18. | 172 | 00:02:29 | 00:38:56 | 373m  | 6'39"/km |
| 19. | 171 | 00:01:03 | 00:39:59 | 185m  | 5'41"/km |
| 20. | 166 | 00:03:08 | 00:43:07 | 544m  | 5'46"/km |
| 21. | 150 | 00:03:07 | 00:46:14 | 551m  | 5'39"/km |
| 22. | 156 | 00:01:17 | 00:47:31 | 223m  | 5'45"/km |
| 23. | 100 | 00:01:51 | 00:49:22 | 291m  | 6'21"/km |
| 24. | 999 | 00:00:22 | 00:49:44 | 72m   | 5'06"/km |

Orienteering Software