



# SYLVESTER 5 DAYS 2022 - Day 4

Masy Zuid 29.12.2022

K.O.L.

**Ellen DESCHEPPER**

TROL

Omloop : D45

Afstand : 4530m

Tijd : 1:00:20 (13'19"/km) [Punten : 597]

7/8

O.K.

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|                        |                |
|------------------------|----------------|
| 1. Brit HORST          | 0:36:00 [1000] |
| 2. Emmanuelle VALENTIN | 0:41:06 [876]  |
| 3. Tzvetanka VASSILEVA | 0:42:03 [856]  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 139 | 00:04:12 |          | 364m | 11'32"/km |
| 2.  | 149 | 00:02:04 | 00:06:16 | 193m | 10'42"/km |
| 3.  | 153 | 00:03:36 | 00:09:52 | 235m | 15'19"/km |
| 4.  | 157 | 00:03:41 | 00:13:33 | 176m | 20'56"/km |
| 5.  | 156 | 00:03:02 | 00:16:35 | 234m | 12'58"/km |
| 6.  | 163 | 00:01:28 | 00:18:03 | 125m | 11'44"/km |
| 7.  | 110 | 00:02:18 | 00:20:21 | 194m | 11'51"/km |
| 8.  | 107 | 00:06:11 | 00:26:32 | 472m | 13'06"/km |
| 9.  | 116 | 00:04:28 | 00:31:00 | 339m | 13'11"/km |
| 10. | 115 | 00:02:22 | 00:33:22 | 159m | 14'53"/km |
| 11. | 121 | 00:06:33 | 00:39:55 | 424m | 15'27"/km |
| 12. | 119 | 00:04:35 | 00:44:30 | 281m | 16'19"/km |
| 13. | 124 | 00:04:30 | 00:49:00 | 343m | 13'07"/km |
| 14. | 137 | 00:06:22 | 00:55:22 | 433m | 14'42"/km |
| 15. | 130 | 00:03:00 | 00:58:22 | 239m | 12'33"/km |
| 16. | 220 | 00:01:36 | 00:59:58 | 187m | 8'33"/km  |
| 17. | 999 | 00:00:22 | 01:00:20 | 87m  | 4'13"/km  |

Orienteering Software