



SYLVESTER 5 DAYS 2022 - Day 4

Masy Zuid 29.12.2022

K.O.L.

Roy OWESSON

Helsingborgs SOK

Omloop : H75

Afstand : 3090m

Tijd : 0:37:36 (12'10"/km) [Punten : 806]

8/13

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|----------------|
| 1. Mike IN 'T GROEN | 0:30:19 [1000] |
| 2. Helmut CONRAD | 0:31:06 [975] |
| 3. Anders SELLGREN | 0:31:23 [966] |

1.	144	00:02:39		193m	13'44"/km
2.	143	00:01:56	00:04:35	182m	10'37"/km
3.	149	00:04:00	00:08:35	326m	12'16"/km
4.	155	00:03:40	00:12:15	305m	12'01"/km
5.	157	00:03:04	00:15:19	246m	12'28"/km
6.	169	00:01:09	00:16:28	92m	12'30"/km
7.	163	00:04:01	00:20:29	349m	11'31"/km
8.	170	00:05:20	00:25:49	376m	14'11"/km
9.	136	00:04:14	00:30:03	301m	14'04"/km
10.	137	00:01:34	00:31:37	147m	10'39"/km
11.	131	00:01:53	00:33:30	170m	11'05"/km
12.	132	00:02:14	00:35:44	149m	14'59"/km
13.	220	00:01:17	00:37:01	129m	9'57"/km
14.	999	00:00:35	00:37:36	87m	6'42"/km

HELGA

Orienteering Software