



## SYLVESTER 5 DAYS 2022 - Day 4

Masy Zuid 29.12.2022

K.O.L.

**Lily-Anne COLE**

TROL

Omloop : SD

Afstand : 3880m

Tijd : 1:07:09 (17'18"/km)

**33/46**

O.K.

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- |                  |         |
|------------------|---------|
| 1. Julia KREKELS | 0:26:54 |
| 2. Sarah ROOMAN  | 0:30:11 |
| 3. Hans MÅRD     | 0:31:40 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 146 | 00:02:53 |          | 160m | 18'01"/km |
| 2.  | 147 | 00:04:08 | 00:07:01 | 274m | 15'05"/km |
| 3.  | 148 | 00:02:35 | 00:09:36 | 175m | 14'46"/km |
| 4.  | 153 | 00:04:04 | 00:13:40 | 197m | 20'39"/km |
| 5.  | 169 | 00:07:03 | 00:20:43 | 268m | 26'18"/km |
| 6.  | 158 | 00:05:09 | 00:25:52 | 234m | 22'01"/km |
| 7.  | 110 | 00:04:37 | 00:30:29 | 353m | 13'05"/km |
| 8.  | 161 | 00:03:10 | 00:33:39 | 163m | 19'26"/km |
| 9.  | 165 | 00:05:17 | 00:38:56 | 266m | 19'52"/km |
| 10. | 122 | 00:04:26 | 00:43:22 | 298m | 14'53"/km |
| 11. | 121 | 00:05:57 | 00:49:19 | 260m | 22'53"/km |
| 12. | 123 | 00:05:01 | 00:54:20 | 285m | 17'36"/km |
| 13. | 124 | 00:04:06 | 00:58:26 | 275m | 14'55"/km |
| 14. | 129 | 00:06:24 | 01:04:50 | 369m | 17'21"/km |
| 15. | 220 | 00:01:48 | 01:06:38 | 178m | 10'07"/km |
| 16. | 999 | 00:00:31 | 01:07:09 | 87m  | 5'56"/km  |

Orienteering Software