



## SYLVESTER 5 DAYS 2022 - Day 4

Masy Zuid 29.12.2022

K.O.L.

**Maria HENKES**

O.L.G. St. Vith ARDOC

Omloop : SD

Afstand : 3880m

Tijd : 0:36:10 (9'19"/km)

**9/46**

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 | 00:02:04 |          | 160m | 12'55"/km |
| 2.  | 147 | 00:02:26 | 00:04:30 | 274m | 8'53"/km  |
| 3.  | 148 | 00:01:30 | 00:06:00 | 175m | 8'34"/km  |
| 4.  | 153 | 00:02:27 | 00:08:27 | 197m | 12'26"/km |
| 5.  | 169 | 00:02:34 | 00:11:01 | 268m | 9'35"/km  |
| 6.  | 158 | 00:02:11 | 00:13:12 | 234m | 9'20"/km  |
| 7.  | 110 | 00:03:07 | 00:16:19 | 353m | 8'50"/km  |
| 8.  | 161 | 00:01:39 | 00:17:58 | 163m | 10'07"/km |
| 9.  | 165 | 00:02:27 | 00:20:25 | 266m | 9'13"/km  |
| 10. | 122 | 00:02:36 | 00:23:01 | 298m | 8'43"/km  |
| 11. | 121 | 00:02:59 | 00:26:00 | 260m | 11'28"/km |
| 12. | 123 | 00:02:40 | 00:28:40 | 285m | 9'21"/km  |
| 13. | 124 | 00:02:40 | 00:31:20 | 275m | 9'42"/km  |
| 14. | 129 | 00:03:07 | 00:34:27 | 369m | 8'27"/km  |
| 15. | 220 | 00:01:17 | 00:35:44 | 178m | 7'13"/km  |
| 16. | 999 | 00:00:26 | 00:36:10 | 87m  | 4'59"/km  |

Orienteering Software