



# SYLVESTER 5 DAYS 2022 - Day 4

Masy Zuid 29.12.2022

K.O.L.

**Willy LAMON**

Altair C.O.

Omloop : SD

Afstand : 3880m

Tijd : 0:41:49 (10'47"/km)

**16/46**

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 | 00:02:01 |          | 160m | 12'36"/km |
| 2.  | 147 | 00:02:31 | 00:04:32 | 274m | 9'11"/km  |
| 3.  | 148 | 00:01:28 | 00:06:00 | 175m | 8'23"/km  |
| 4.  | 153 | 00:02:47 | 00:08:47 | 197m | 14'08"/km |
| 5.  | 169 | 00:02:52 | 00:11:39 | 268m | 10'42"/km |
| 6.  | 158 | 00:02:16 | 00:13:55 | 234m | 9'41"/km  |
| 7.  | 110 | 00:03:47 | 00:17:42 | 353m | 10'43"/km |
| 8.  | 161 | 00:01:54 | 00:19:36 | 163m | 11'39"/km |
| 9.  | 165 | 00:03:59 | 00:23:35 | 266m | 14'58"/km |
| 10. | 122 | 00:02:39 | 00:26:14 | 298m | 8'54"/km  |
| 11. | 121 | 00:03:41 | 00:29:55 | 260m | 14'10"/km |
| 12. | 123 | 00:03:19 | 00:33:14 | 285m | 11'38"/km |
| 13. | 124 | 00:02:31 | 00:35:45 | 275m | 9'09"/km  |
| 14. | 125 | 00:02:08 | 00:37:53 |      |           |
| 15. | 129 | 00:01:58 | 00:39:51 |      |           |
| 16. | 220 | 00:01:30 | 00:41:21 | 178m | 8'26"/km  |
| 17. | 999 | 00:00:28 | 00:41:49 | 87m  | 5'22"/km  |

Orienteering Software