



SYLVESTER 5 DAYS 2022 - Day 5

Solterheide 30.12.2022

Omega

Lore STAES

K.O.L.

Omloop : D40

Afstand : 5080m

Tijd : 1:09:17 (13'38"/km) [Punten : 714]

8/13

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|----------------|
| 1. Lieke VAN OPSTAL | 0:49:29 [1000] |
| 2. Ellen MOLS | 0:53:55 [918] |
| 3. Ieva GODINA | 0:54:26 [909] |

1.	135	00:06:14		427m	14'36"/km
2.	141	00:04:44	00:10:58	483m	9'48"/km
3.	143	00:07:47	00:18:45	360m	21'37"/km
4.	155	00:04:32	00:23:17	162m	27'59"/km
5.	159	00:04:04	00:27:21	327m	12'26"/km
6.	177	00:03:39	00:31:00	346m	10'33"/km
7.	156	00:04:34	00:35:34	493m	9'16"/km
8.	161	00:03:24	00:38:58	378m	9'00"/km
9.	154	00:06:10	00:45:08	428m	14'24"/km
10.	147	00:01:19	00:46:27	116m	11'21"/km
11.	145	00:02:36	00:49:03	185m	14'03"/km
12.	146	00:04:41	00:53:44	160m	29'16"/km
13.	148	00:03:26	00:57:10	206m	16'40"/km
14.	149	00:01:28	00:58:38	104m	14'06"/km
15.	157	00:03:47	01:02:25	261m	14'30"/km
16.	152	00:03:12	01:05:37	226m	14'10"/km
17.	200	00:03:04	01:08:41	324m	9'28"/km
18.	999	00:00:36	01:09:17	89m	6'44"/km

Orienteering Software