



## SYLVESTER 5 DAYS 2022 - Day 5

Solterheide 30.12.2022

Omega

**Anders SELLGREN**

Sigtuna OK

Course : H75

Distance : 2930m

Time : 0:43:38 (14'54"/km) [Points : 906]

**3/13**

O.K.

[Full result on Webres](#)

1. Mike IN 'T GROEN
2. Helmut CONRAD

0:39:33 [1000]  
0:41:00 [965]

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 132 | 00:04:14 |          | 264m | 16'02"/km |
| 2.  | 133 | 00:01:24 | 00:05:38 | 118m | 11'52"/km |
| 3.  | 135 | 00:03:50 | 00:09:28 | 299m | 12'49"/km |
| 4.  | 158 | 00:03:08 | 00:12:36 | 241m | 13'00"/km |
| 5.  | 141 | 00:03:00 | 00:15:36 | 275m | 10'55"/km |
| 6.  | 143 | 00:04:42 | 00:20:18 | 360m | 13'03"/km |
| 7.  | 145 | 00:04:14 | 00:24:32 | 116m | 36'30"/km |
| 8.  | 142 | 00:03:20 | 00:27:52 | 101m | 33'00"/km |
| 9.  | 149 | 00:03:38 | 00:31:30 | 255m | 14'15"/km |
| 10. | 157 | 00:02:45 | 00:34:15 | 261m | 10'32"/km |
| 11. | 152 | 00:03:34 | 00:37:49 | 226m | 15'47"/km |
| 12. | 151 | 00:01:33 | 00:39:22 | 87m  | 17'49"/km |
| 13. | 200 | 00:03:39 | 00:43:01 | 237m | 15'24"/km |
| 14. | 999 | 00:00:37 | 00:43:38 | 89m  | 6'56"/km  |

HELGA

Orienteering Software