Be Arrows Sprint Training
Leuven 21.1.2023
KONO

Ems DE SMUL
Be Arrows - Elite
Course : D:A
Distance : 5100m
Time : 0:28:45 (5'38"/km)

2/2 O.K.

Full result on Webres

1. Tille DE SMUL 0:26:52

1.	33	00:02:27		81m	30'15"/km
2.	31	00:01:53	*00:04:20*	289m	6'31"/km
3.	39	00:00:41	*00:05:01*	84m	8'08"/km
4.	32	00:01:11	*00:06:12*	189m	6'16"/km
5.	34	00:00:55	*00:07:07*	125m	7'20"/km
6.	38	00:00:16	*00:07:23*		
7.	35	00:02:25	*00:09:48*		
8.	36	00:01:05	*00:10:53*	174m	6'14"/km
9.	37	00:00:15	*00:11:08*	49m	5'06"/km
10.	38	00:02:00	*00:13:08*	262m	7'38"/km
11.	54	00:00:58	*00:14:06*	118m	8'12"/km
12.	55	00:00:00	*00:14:06*	309m	0'00"/km
13.	40	00:01:02	*00:15:08*	156m	6'37"/km
14.	41	00:00:34	*00:15:42*	84m	6'45"/km
15.	42	00:01:24	*00:17:06*	209m	6'42"/km
16.	43	00:01:52	*00:18:58*	289m	6'28"/km
17.	44	00:00:59	*00:19:57*	40m	24'35"/km
18.	51	00:01:57	*00:21:54*	216m	9'02"/km
19.	45	00:00:35	*00:22:29*	76m	7'41"/km
20.	46	00:00:40	*00:23:09*	103m	6'28"/km
21.	47	00:01:10	*00:24:19*	123m	9'29"/km
22.	48	00:01:28	*00:25:47*	189m	7'46"/km
23.	49	00:00:27	*00:26:14*	56m	8'02"/km
24.	50	00:00:24	*00:26:38*	61m	6'33"/km
25.	52	00:01:25	*00:28:03*	160m	8'51"/km
26.	53	00:00:32	*00:28:35*	100m	5'20"/km
27.	999	00:00:10	*00:28:45*	52m	3'12"/km

Orienteering Software

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