



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Ellen DESCHEPPER

TROL

Omloop : D:03

Afstand : 5500m

Tijd : 1:16:50 (13'58"/km)

24/26

O.K.

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- | | |
|---------------------|---------|
| 1. Maija TAILLIEU | 0:46:59 |
| 2. Ellen MOLS | 0:47:20 |
| 3. Lieke VAN OPSTAL | 0:47:21 |

1.	106	00:05:46		400m	14'25"/km
2.	134	00:11:45	00:17:31	897m	13'06"/km
3.	112	00:04:34	00:22:05	324m	14'06"/km
4.	114	00:04:19	00:26:24	331m	13'02"/km
5.	115	00:02:40	00:29:04	90m	29'38"/km
6.	113	00:02:30	00:31:34	216m	11'34"/km
7.	119	00:03:39	00:35:13	262m	13'56"/km
8.	118	00:02:33	00:37:46	207m	12'19"/km
9.	122	00:02:38	00:40:24	143m	18'25"/km
10.	116	00:02:00	00:42:24	190m	10'32"/km
11.	162	00:02:25	00:44:49	156m	15'29"/km
12.	155	00:07:25	00:52:14	615m	12'04"/km
13.	152	00:03:35	00:55:49	282m	12'42"/km
14.	150	00:01:26	00:57:15	93m	15'25"/km
15.	146	00:02:26	00:59:41	189m	12'52"/km
16.	158	00:05:51	01:05:32	281m	20'49"/km
17.	137	00:02:12	01:07:44	170m	12'56"/km
18.	140	00:01:04	01:08:48	80m	13'20"/km
19.	157	00:02:41	01:11:29	217m	12'22"/km
20.	148	00:04:12	01:15:41	185m	22'42"/km
21.	220	00:00:44	01:16:25	84m	8'44"/km
22.	999	00:00:25	01:16:50	87m	4'47"/km

Orienteering Software