



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Rachel WINTHAGEN

Hermathenae

Omloop : D:03

Afstand : 5500m

Tijd : 1:27:40 (15'56"/km)

25/26

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	00:05:04		400m	12'40"/km
2.	134	00:09:45	00:14:49	897m	10'52"/km
3.	112	00:04:08	00:18:57	324m	12'45"/km
4.	114	00:06:11	00:25:08	331m	18'41"/km
5.	115	00:01:30	00:26:38	90m	16'40"/km
6.	113	00:03:21	00:29:59	216m	15'31"/km
7.	119	00:03:10	00:33:09	262m	12'05"/km
8.	118	00:01:51	00:35:00	207m	8'56"/km
9.	122	00:02:32	00:37:32	143m	17'43"/km
10.	116	00:02:30	00:40:02	190m	13'09"/km
11.	162	00:02:09	00:42:11	156m	13'47"/km
12.	155	00:06:41	00:48:52	615m	10'52"/km
13.	152	00:03:02	00:51:54	282m	10'45"/km
14.	150	00:01:45	00:53:39	93m	18'49"/km
15.	146	00:02:08	00:55:47	189m	11'17"/km
16.	158	00:19:50	01:15:37	281m	70'35"/km
17.	137	00:01:59	01:17:36	170m	11'40"/km
18.	140	00:00:57	01:18:33	80m	11'53"/km
19.	157	00:04:06	01:22:39	217m	18'54"/km
20.	148	00:02:00	01:24:39	185m	10'49"/km
21.	220	00:02:33	01:27:12	84m	30'21"/km
22.	999	00:00:28	01:27:40	87m	5'22"/km

Orienteering Software