



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Els SPILLEBEEN

Omega

Omloop : D:04

Afstand : 4190m

Tijd : 0:42:08 (10'03"/km)

4/22

O.K.

[Volledige uitslagen op Webres](#)

1. Els PUT	0:38:56
2. Kristel MERTENS	0:39:04
3. Annemie JANSEN	0:40:59

1.	105	00:04:04		320m	12'42"/km
2.	122	00:05:01	00:09:05	503m	9'58"/km
3.	118	00:01:18	00:10:23	143m	9'05"/km
4.	117	00:01:04	00:11:27	111m	9'37"/km
5.	116	00:01:42	00:13:09	177m	9'36"/km
6.	115	00:00:50	00:13:59	96m	8'41"/km
7.	111	00:02:51	00:16:50	259m	11'00"/km
8.	125	00:04:55	00:21:45	519m	9'28"/km
9.	152	00:04:52	00:26:37	557m	8'44"/km
10.	151	00:01:12	00:27:49	110m	10'55"/km
11.	146	00:01:35	00:29:24	179m	8'51"/km
12.	141	00:01:54	00:31:18	201m	9'27"/km
13.	140	00:01:15	00:32:33	125m	10'00"/km
14.	138	00:01:49	00:34:22	183m	9'56"/km
15.	149	00:05:10	00:39:32	316m	16'21"/km
16.	148	00:01:40	00:41:12	225m	7'24"/km
17.	220	00:00:34	00:41:46	84m	6'45"/km
18.	999	00:00:22	00:42:08	87m	4'13"/km

Orienteering Software