



# Valentijn - Forest Cup - BUSF

## Lommel Sahara 12.2.2023

### K.O.L.

**Maria HENKES**

O.L.G. St. Vith ARDOC

Omloop : D:04

Afstand : 4190m

Tijd : 0:43:27 (10'22"/km)

**5/22**

O.K.

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 105 | 00:03:43 |          | 320m | 11'37"/km |
| 2.  | 122 | 00:05:43 | 00:09:26 | 503m | 11'22"/km |
| 3.  | 118 | 00:01:23 | 00:10:49 | 143m | 9'40"/km  |
| 4.  | 117 | 00:01:03 | 00:11:52 | 111m | 9'28"/km  |
| 5.  | 116 | 00:01:38 | 00:13:30 | 177m | 9'14"/km  |
| 6.  | 115 | 00:00:53 | 00:14:23 | 96m  | 9'12"/km  |
| 7.  | 111 | 00:02:31 | 00:16:54 | 259m | 9'43"/km  |
| 8.  | 125 | 00:04:23 | 00:21:17 | 519m | 8'27"/km  |
| 9.  | 152 | 00:04:31 | 00:25:48 | 557m | 8'07"/km  |
| 10. | 151 | 00:01:25 | 00:27:13 | 110m | 12'53"/km |
| 11. | 146 | 00:01:47 | 00:29:00 | 179m | 9'58"/km  |
| 12. | 141 | 00:05:32 | 00:34:32 | 201m | 27'32"/km |
| 13. | 140 | 00:01:17 | 00:35:49 | 125m | 10'16"/km |
| 14. | 138 | 00:01:42 | 00:37:31 | 183m | 9'17"/km  |
| 15. | 149 | 00:03:11 | 00:40:42 | 316m | 10'04"/km |
| 16. | 148 | 00:01:51 | 00:42:33 | 225m | 8'13"/km  |
| 17. | 220 | 00:00:31 | 00:43:04 | 84m  | 6'09"/km  |
| 18. | 999 | 00:00:23 | 00:43:27 | 87m  | 4'24"/km  |

Orienteering Software