



# Valentijn - Forest Cup - BUSF

## Lommel Sahara 12.2.2023

### K.O.L.

**Ellen WITTERS**

hamok

Omloop : D:Short Easy

Afstand : 4170m

Tijd : 1:05:10 (15'38"/km)

2/3

O.K.

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1. Milena KRASTEVA

0:57:06

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 101 | 00:06:03 |          | 192m | 31'31"/km |
| 2.  | 105 | 00:05:56 | 00:11:59 | 217m | 27'21"/km |
| 3.  | 104 | 00:00:36 | 00:12:35 | 89m  | 6'44"/km  |
| 4.  | 123 | 00:04:52 | 00:17:27 | 363m | 13'24"/km |
| 5.  | 118 | 00:07:14 | 00:24:41 | 204m | 35'27"/km |
| 6.  | 113 | 00:06:45 | 00:31:26 | 397m | 17'00"/km |
| 7.  | 111 | 00:03:29 | 00:34:55 | 336m | 10'22"/km |
| 8.  | 110 | 00:03:07 | 00:38:02 | 229m | 13'37"/km |
| 9.  | 125 | 00:03:54 | 00:41:56 | 329m | 11'51"/km |
| 10. | 153 | 00:04:27 | 00:46:23 | 439m | 10'08"/km |
| 11. | 156 | 00:00:52 | 00:47:15 | 82m  | 10'34"/km |
| 12. | 147 | 00:02:25 | 00:49:40 | 169m | 14'18"/km |
| 13. | 142 | 00:02:55 | 00:52:35 | 148m | 19'42"/km |
| 14. | 138 | 00:03:07 | 00:55:42 | 173m | 18'01"/km |
| 15. | 137 | 00:01:37 | 00:57:19 | 138m | 11'43"/km |
| 16. | 136 | 00:02:44 | 01:00:03 | 132m | 20'42"/km |
| 17. | 157 | 00:02:27 | 01:02:30 | 180m | 13'37"/km |
| 18. | 148 | 00:01:45 | 01:04:15 | 185m | 9'28"/km  |
| 19. | 220 | 00:00:31 | 01:04:46 | 84m  | 6'09"/km  |
| 20. | 999 | 00:00:24 | 01:05:10 | 87m  | 4'36"/km  |

Orienteering Software