



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Lisa ELSEN

KU Leuven

Omloop : D:BUSF D

Afstand : 7010m

Tijd : 1:24:25 (12'03"/km)

8/11

O.K.

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|------------------|---------|
| 1. Ems DE SMUL | 0:44:06 |
| 2. Julia KREKELS | 0:46:01 |
| 3. Sarah ROOMAN | 0:46:27 |

1.	155	00:05:48		555m	10'27"/km
2.	128	00:09:09	00:14:57	794m	11'31"/km
3.	127	00:02:24	00:17:21	191m	12'34"/km
4.	134	00:06:38	00:23:59	592m	11'12"/km
5.	112	00:04:12	00:28:11	324m	12'58"/km
6.	115	00:04:41	00:32:52	392m	11'57"/km
7.	162	00:03:25	00:36:17	223m	15'19"/km
8.	123	00:03:23	00:39:40	277m	12'13"/km
9.	118	00:03:31	00:43:11	204m	17'14"/km
10.	117	00:01:37	00:44:48	111m	14'34"/km
11.	120	00:03:07	00:47:55	233m	13'23"/km
12.	121	00:02:04	00:49:59	158m	13'05"/km
13.	111	00:06:42	00:56:41	553m	12'07"/km
14.	125	00:07:22	01:04:03	519m	14'12"/km
15.	135	00:03:39	01:07:42	310m	11'46"/km
16.	153	00:02:50	01:10:32	274m	10'20"/km
17.	152	00:01:37	01:12:09	178m	9'05"/km
18.	146	00:03:02	01:15:11	271m	11'12"/km
19.	139	00:02:07	01:17:18	186m	11'23"/km
20.	140	00:01:58	01:19:16	155m	12'41"/km
21.	159	00:02:21	01:21:37	248m	9'29"/km
22.	220	00:02:26	01:24:03	175m	13'54"/km
23.	999	00:00:22	01:24:25	87m	4'13"/km

Orienteering Software