



**Valentijn - Forest Cup - BUSF**  
**Lommel Sahara 12.2.2023**  
**K.O.L.**

**Jo LINTEN**

K.O.L.

Omloop : H:01

Afstand : 8830m

Tijd : 0:51:55 (5'53"/km)

**5/31**

O.K.

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- |                      |         |
|----------------------|---------|
| 1. Evert LEEUWS      | 0:43:47 |
| 2. Lennert LENS      | 0:47:44 |
| 3. Adriaan PELCKMANS | 0:50:26 |

1.	109	00:03:16		516m	6'20"/km
2.	133	00:05:40	00:08:56	1128m	5'01"/km
3.	129	00:01:00	00:09:56	172m	5'49"/km
4.	132	00:02:53	00:12:49	514m	5'37"/km
5.	130	00:01:40	00:14:29	286m	5'50"/km
6.	128	00:02:19	00:16:48	441m	5'15"/km
7.	126	00:01:19	00:18:07	232m	5'41"/km
8.	112	00:03:48	00:21:55	646m	5'53"/km
9.	114	00:01:53	00:23:48	331m	5'41"/km
10.	162	00:01:11	00:24:59	207m	5'43"/km
11.	122	00:01:59	00:26:58	246m	8'04"/km
12.	118	00:00:56	00:27:54	143m	6'32"/km
13.	117	00:00:42	00:28:36	111m	6'18"/km
14.	119	00:00:54	00:29:30	133m	6'46"/km
15.	121	00:01:15	00:30:45	235m	5'19"/km
16.	111	00:03:07	00:33:52	553m	5'38"/km
17.	124	00:02:15	00:36:07	340m	6'37"/km
18.	106	00:03:12	00:39:19	594m	5'23"/km
19.	152	00:01:10	00:40:29	202m	5'47"/km
20.	156	00:01:14	00:41:43	229m	5'23"/km
21.	138	00:02:24	00:44:07	325m	7'23"/km
22.	137	00:00:52	00:44:59	138m	6'17"/km
23.	136	00:01:01	00:46:00	132m	7'42"/km
24.	159	00:01:18	00:47:18	235m	5'32"/km
25.	160	00:01:25	00:48:43	225m	6'18"/km
26.	149	00:01:06	00:49:49	159m	6'55"/km
27.	151	00:00:56	00:50:45	103m	9'04"/km
28.	220	00:00:53	00:51:38	173m	5'06"/km
29.	999	00:00:17	00:51:55	87m	3'15"/km

Orienteering Software