



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Donald VAN BOVEN

TROL

Omloop : H:01

Afstand : 8830m

Tijd : 1:02:37 (7'05"/km)

16/31

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	00:04:11		516m	8'06"/km
2.	133	00:07:32	00:11:43	1128m	6'41"/km
3.	129	00:01:19	00:13:02	172m	7'39"/km
4.	132	00:03:10	00:16:12	514m	6'10"/km
5.	130	00:01:50	00:18:02	286m	6'25"/km
6.	128	00:03:06	00:21:08	441m	7'02"/km
7.	126	00:01:42	00:22:50	232m	7'20"/km
8.	112	00:04:15	00:27:05	646m	6'35"/km
9.	114	00:02:22	00:29:27	331m	7'09"/km
10.	162	00:01:46	00:31:13	207m	8'32"/km
11.	122	00:01:53	00:33:06	246m	7'39"/km
12.	118	00:01:07	00:34:13	143m	7'49"/km
13.	117	00:00:58	00:35:11	111m	8'43"/km
14.	119	00:00:54	00:36:05	133m	6'46"/km
15.	121	00:01:24	00:37:29	235m	5'57"/km
16.	111	00:03:21	00:40:50	553m	6'03"/km
17.	124	00:02:36	00:43:26	340m	7'39"/km
18.	106	00:03:51	00:47:17	594m	6'29"/km
19.	152	00:01:26	00:48:43	202m	7'06"/km
20.	156	00:01:14	00:49:57	229m	5'23"/km
21.	138	00:02:12	00:52:09	325m	6'46"/km
22.	137	00:01:00	00:53:09	138m	7'15"/km
23.	136	00:00:59	00:54:08	132m	7'27"/km
24.	159	00:01:44	00:55:52	235m	7'23"/km
25.	146	00:01:59	00:57:51		
26.	160	00:01:24	00:59:15		
27.	149	00:01:12	01:00:27	159m	7'33"/km
28.	151	00:00:46	01:01:13	103m	7'27"/km
29.	220	00:00:53	01:02:06	173m	5'06"/km
30.	999	00:00:21	01:02:27	87m	4'01"/km