



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Jan FRYDENLUND

hamok

Omloop : H:02

Afstand : 7010m

Tijd : 1:08:16 (9'44"/km)

34/47

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 1. Aleksei MOROZOV | 0:39:38 |
| 2. Mats DE SMUL | 0:41:55 |
| 3. Wim VERVOORT | 0:46:01 |

1.	155	00:05:07		555m	9'13"/km
2.	128	00:05:20	00:10:27	794m	6'43"/km
3.	127	00:01:22	00:11:49	191m	7'09"/km
4.	134	00:04:13	00:16:02	592m	7'07"/km
5.	112	00:04:25	00:20:27	324m	13'38"/km
6.	115	00:04:46	00:25:13	392m	12'10"/km
7.	162	00:02:39	00:27:52	223m	11'53"/km
8.	123	00:04:49	00:32:41	277m	17'23"/km
9.	118	00:02:06	00:34:47	204m	10'18"/km
10.	117	00:01:08	00:35:55	111m	10'13"/km
11.	120	00:01:48	00:37:43	233m	7'44"/km
12.	121	00:01:06	00:38:49	158m	6'58"/km
13.	111	00:04:09	00:42:58	553m	7'30"/km
14.	125	00:04:15	00:47:13	519m	8'11"/km
15.	135	00:02:36	00:49:49	310m	8'23"/km
16.	153	00:02:35	00:52:24	274m	9'26"/km
17.	152	00:04:56	00:57:20	178m	27'43"/km
18.	146	00:02:42	01:00:02	271m	9'58"/km
19.	139	00:01:38	01:01:40	186m	8'47"/km
20.	140	00:02:02	01:03:42	155m	13'07"/km
21.	159	00:01:53	01:05:35	248m	7'36"/km
22.	220	00:02:19	01:07:54	175m	13'14"/km
23.	999	00:00:22	01:08:16	87m	4'13"/km

Orienteering Software