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

Bob DE CLEENE
TROL
Omloop : H:03
Afstand : 5500m
Tijd : 0:36:12 (6'35"/km)

1/41 O.K.

Volledige uitslagen op Webres

2. Thomas JANSEN 0:36:17
3. Rudy ROOMAN 0:39:07

1.	106	00:03:00		400m	7'30"/km
2.	134	00:06:09	*00:09:09*	897m	6'51"/km
3.	112	00:01:39	*00:10:48*	324m	5'06"/km
4.	114	00:01:52	*00:12:40*	331m	5'38"/km
5.	115	00:01:13	*00:13:53*	90m	13'31"/km
6.	113	00:01:14	*00:15:07*	216m	5'43"/km
7.	119	00:01:22	*00:16:29*	262m	5'13"/km
8.	118	00:01:09	*00:17:38*	207m	5'33"/km
9.	122	00:01:05	*00:18:43*	143m	7'35"/km
10.	116	00:01:02	*00:19:45*	190m	5'26"/km
11.	162	00:01:06	*00:20:51*	156m	7'03"/km
12.	155	00:03:41	*00:24:32*	615m	5'59"/km
13.	152	00:01:38	*00:26:10*	282m	5'48"/km
14.	150	00:00:47	*00:26:57*	93m	8'25"/km
15.	146	00:01:02	*00:27:59*	189m	5'28"/km
16.	158	00:03:19	*00:31:18*	281m	11'48"/km
17.	137	00:01:01	*00:32:19*	170m	5'59"/km
18.	140	00:00:27	*00:32:46*	80m	5'38"/km
19.	157	00:01:36	*00:34:22*	217m	7'22"/km
20.	148	00:01:13	*00:35:35*	185m	6'35"/km
21.	220	00:00:22	*00:35:57*	84m	4'22"/km
22.	999	00:00:15	*00:36:12*	87m	2'52"/km

Orienteering Software

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