



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Rudy ROOMAN

Antwerp Orienteers

Omloop : H:03

Afstand : 5500m

Tijd : 0:39:07 (7'07"/km)

3/41

O.K.

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- | | |
|------------------|---------|
| 1. Bob DE CLEENE | 0:36:12 |
| 2. Thomas JANSEN | 0:36:17 |

1.	106	00:03:31		400m	8'47"/km
2.	134	00:06:04	00:09:35	897m	6'46"/km
3.	112	00:02:06	00:11:41	324m	6'29"/km
4.	114	00:02:03	00:13:44	331m	6'12"/km
5.	115	00:00:49	00:14:33	90m	9'04"/km
6.	113	00:01:25	00:15:58	216m	6'34"/km
7.	119	00:01:43	00:17:41	262m	6'33"/km
8.	118	00:01:27	00:19:08	207m	7'00"/km
9.	122	00:01:02	00:20:10	143m	7'14"/km
10.	116	00:01:13	00:21:23	190m	6'24"/km
11.	162	00:01:11	00:22:34	156m	7'35"/km
12.	155	00:04:13	00:26:47	615m	6'51"/km
13.	152	00:01:46	00:28:33	282m	6'16"/km
14.	150	00:00:59	00:29:32	93m	10'34"/km
15.	146	00:01:23	00:30:55	189m	7'19"/km
16.	158	00:02:18	00:33:13	281m	8'11"/km
17.	137	00:01:20	00:34:33	170m	7'51"/km
18.	140	00:00:32	00:35:05	80m	6'40"/km
19.	157	00:01:38	00:36:43	217m	7'32"/km
20.	148	00:01:31	00:38:14	185m	8'12"/km
21.	220	00:00:33	00:38:47	84m	6'33"/km
22.	999	00:00:20	00:39:07	87m	3'50"/km

Orienteering Software