



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Guido TIMMERS

hamok

Omloop : H:03

Afstand : 5500m

Tijd : 0:41:24 (7'32"/km)

4/41

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Bob DE CLEENE | 0:36:12 |
| 2. Thomas JANSEN | 0:36:17 |
| 3. Rudy ROOMAN | 0:39:07 |

1.	106	00:03:11		400m	7'57"/km
2.	134	00:06:36	00:09:47	897m	7'21"/km
3.	112	00:02:01	00:11:48	324m	6'13"/km
4.	114	00:02:15	00:14:03	331m	6'48"/km
5.	115	00:00:39	00:14:42	90m	7'13"/km
6.	113	00:01:20	00:16:02	216m	6'10"/km
7.	119	00:01:35	00:17:37	262m	6'03"/km
8.	118	00:01:22	00:18:59	207m	6'36"/km
9.	122	00:00:56	00:19:55	143m	6'32"/km
10.	116	00:01:12	00:21:07	190m	6'19"/km
11.	162	00:01:20	00:22:27	156m	8'33"/km
12.	155	00:04:11	00:26:38	615m	6'48"/km
13.	152	00:01:36	00:28:14	282m	5'40"/km
14.	150	00:01:00	00:29:14	93m	10'45"/km
15.	146	00:01:24	00:30:38	189m	7'24"/km
16.	158	00:05:40	00:36:18	281m	20'10"/km
17.	137	00:01:03	00:37:21	170m	6'11"/km
18.	140	00:00:29	00:37:50	80m	6'03"/km
19.	157	00:01:24	00:39:14	217m	6'27"/km
20.	148	00:01:20	00:40:34	185m	7'12"/km
21.	220	00:00:31	00:41:05	84m	6'09"/km
22.	999	00:00:19	00:41:24	87m	3'38"/km

Orienteering Software