



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Ferdinand GEBOERS

K.O.L.

Omloop : H:03

Afstand : 5500m

Tijd : 0:49:04 (8'55"/km)

13/41

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	00:03:55		400m	9'47"/km
2.	134	00:08:11	00:12:06	897m	9'07"/km
3.	112	00:02:48	00:14:54	324m	8'39"/km
4.	114	00:02:40	00:17:34	331m	8'03"/km
5.	115	00:00:55	00:18:29	90m	10'11"/km
6.	113	00:01:51	00:20:20	216m	8'34"/km
7.	119	00:02:06	00:22:26	262m	8'01"/km
8.	118	00:01:48	00:24:14	207m	8'42"/km
9.	122	00:01:11	00:25:25	143m	8'17"/km
10.	116	00:01:28	00:26:53	190m	7'43"/km
11.	162	00:01:32	00:28:25	156m	9'50"/km
12.	155	00:04:44	00:33:09	615m	7'42"/km
13.	152	00:02:06	00:35:15	282m	7'27"/km
14.	150	00:00:58	00:36:13	93m	10'24"/km
15.	146	00:01:44	00:37:57	189m	9'10"/km
16.	138	00:03:15	00:41:12		
17.	158	00:00:57	00:42:09		
18.	137	00:01:15	00:43:24	170m	7'21"/km
19.	140	00:00:44	00:44:08	80m	9'10"/km
20.	157	00:02:38	00:46:46	217m	12'08"/km
21.	148	00:01:31	00:48:17	185m	8'12"/km
22.	220	00:00:32	00:48:49	84m	6'21"/km
23.	999	00:00:15	00:49:04	87m	2'52"/km

Orienteering Software