



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Paul CORTHOUTS

K.O.L.

Omloop : H:03

Afstand : 5500m

Tijd : 1:04:43 (11'46"/km)

29/41

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	00:05:11		400m	12'58"/km
2.	134	00:09:59	00:15:10	897m	11'08"/km
3.	112	00:06:50	00:22:00	324m	21'05"/km
4.	114	00:03:49	00:25:49	331m	11'32"/km
5.	115	00:01:23	00:27:12	90m	15'22"/km
6.	113	00:02:11	00:29:23	216m	10'06"/km
7.	119	00:02:45	00:32:08	262m	10'30"/km
8.	118	00:02:03	00:34:11	207m	9'54"/km
9.	122	00:01:37	00:35:48	143m	11'18"/km
10.	116	00:02:26	00:38:14	190m	12'48"/km
11.	162	00:02:11	00:40:25	156m	14'00"/km
12.	155	00:06:00	00:46:25	615m	9'45"/km
13.	152	00:02:38	00:49:03	282m	9'20"/km
14.	150	00:02:04	00:51:07	93m	22'13"/km
15.	146	00:02:06	00:53:13	189m	11'07"/km
16.	158	00:03:20	00:56:33	281m	11'52"/km
17.	137	00:01:57	00:58:30	170m	11'28"/km
18.	140	00:00:57	00:59:27	80m	11'53"/km
19.	157	00:02:10	01:01:37	217m	9'59"/km
20.	148	00:01:57	01:03:34	185m	10'32"/km
21.	220	00:00:39	01:04:13	84m	7'44"/km
22.	999	00:00:30	01:04:43	87m	5'45"/km

Orienteering Software