



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Paul CROTHERS

Antwerp Orienteers

Omloop : H:03

Afstand : 5500m

Tijd : 1:24:47 (15'25"/km)

33/41

O.K.

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

1.	106	00:05:21		400m	13'22"/km
2.	134	00:23:49	00:29:10	897m	26'33"/km
3.	112	00:02:42	00:31:52	324m	8'20"/km
4.	114	00:02:46	00:34:38	331m	8'22"/km
5.	115	00:02:18	00:36:56	90m	25'33"/km
6.	113	00:01:31	00:38:27	216m	7'01"/km
7.	119	00:01:56	00:40:23	262m	7'23"/km
8.	118	00:01:34	00:41:57	207m	7'34"/km
9.	122	00:01:12	00:43:09	143m	8'23"/km
10.	116	00:01:51	00:45:00	190m	9'44"/km
11.	162	00:01:40	00:46:40	156m	10'41"/km
12.	155	00:07:30	00:54:10	615m	12'12"/km
13.	152	00:05:40	00:59:50	282m	20'06"/km
14.	150	00:05:44	01:05:34	93m	61'39"/km
15.	146	00:02:45	01:08:19	189m	14'33"/km
16.	139	00:01:42	01:10:01	186m	9'08"/km
17.	158	00:03:01	01:13:02		
18.	137	00:01:39	01:14:41	170m	9'42"/km
19.	140	00:00:57	01:15:38	80m	11'53"/km
20.	157	00:06:02	01:21:40	217m	27'48"/km
21.	148	00:01:45	01:23:25	185m	9'28"/km
22.	220	00:01:02	01:24:27	84m	12'18"/km
23.	999	00:00:20	01:24:47	87m	3'50"/km

Orienteering Software