



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Jeroen HOEKX

hamok

Omloop : H:03

Afstand : 5500m

Tijd : 0:33:25 (6'05"/km)

--/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	00:03:08		400m	7'50"/km
2.	134	00:05:26	00:08:34	897m	6'03"/km
3.	112	00:01:54	00:10:28	324m	5'52"/km
4.	114	00:01:53	00:12:21	331m	5'41"/km
5.	115	00:00:37	00:12:58	90m	6'51"/km
6.	113	00:01:15	00:14:13	216m	5'47"/km
7.	119	00:01:28	00:15:41	262m	5'36"/km
8.	118	00:01:15	00:16:56	207m	6'02"/km
9.	122	00:00:54	00:17:50	143m	6'18"/km
10.	116	00:01:04	00:18:54	190m	5'37"/km
11.	162	00:01:00	00:19:54	156m	6'25"/km
12.	155	00:03:28	00:23:22	615m	5'38"/km
13.	152	00:01:32	00:24:54	282m	5'26"/km
14.	150	00:00:36	00:25:30	93m	6'27"/km
15.	146	00:01:09	00:26:39	189m	6'05"/km
16.	158	00:01:45	00:28:24	281m	6'14"/km
17.	137	00:00:59	00:29:23	170m	5'47"/km
18.	140	00:00:29	00:29:52	80m	6'03"/km
19.	157	00:01:24	00:31:16	217m	6'27"/km
20.	148	00:01:13	00:32:29	185m	6'35"/km
21.	220	00:00:36	00:33:05	84m	7'09"/km
22.	999	00:00:20	00:33:25	87m	3'50"/km

Orienteering Software