



Valentijn - Forest Cup - BUSF  
Lommel Sahara 12.2.2023  
K.O.L.

**Thierry LAMURY**

ASUB

Omloop : H:03

Afstand : 5500m

Tijd : 0:45:07 (8'12"/km)

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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	00:03:47		400m	9'27"/km
2.	134	00:06:33	00:10:20	897m	7'18"/km
3.	112	00:02:23	00:12:43	324m	7'21"/km
4.	114	00:03:11	00:15:54	331m	9'37"/km
5.	115	00:00:45	00:16:39	90m	8'20"/km
6.	113	00:01:55	00:18:34	216m	8'52"/km
7.	119	00:01:56	00:20:30	262m	7'23"/km
8.	118	00:01:30	00:22:00	207m	7'15"/km
9.	122	00:01:18	00:23:18	143m	9'05"/km
10.	116	00:01:19	00:24:37	190m	6'56"/km
11.	162	00:02:14	00:26:51	156m	14'19"/km
12.	155	00:04:54	00:31:45	615m	7'58"/km
13.	152	00:01:48	00:33:33	282m	6'23"/km
14.	150	00:00:45	00:34:18	93m	8'04"/km
15.	146	00:01:25	00:35:43	189m	7'30"/km
16.	158	00:03:08	00:38:51	281m	11'09"/km
17.	137	00:01:15	00:40:06	170m	7'21"/km
18.	140	00:00:34	00:40:40	80m	7'05"/km
19.	157	00:02:01	00:42:41	217m	9'18"/km
20.	148	00:01:25	00:44:06	185m	7'39"/km
21.	220	00:00:38	00:44:44	84m	7'32"/km
22.	999	00:00:23	00:45:07	87m	4'24"/km

Orienteering Software