



# Valentijn - Forest Cup - BUSF

## Lommel Sahara 12.2.2023

### K.O.L.

**Jackie VANDIJCK**

K.O.L.

Omloop : H:04

Afstand : 4190m

Tijd : 0:43:36 (10'24"/km)

**9/32**

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Nathan JANSEN    | 0:30:21 |
| 2. Thor WOLLES      | 0:31:27 |
| 3. Adrie VAN OPSTAL | 0:35:49 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 105 | 00:03:44 |          | 320m | 11'40"/km |
| 2.  | 122 | 00:04:50 | 00:08:34 | 503m | 9'37"/km  |
| 3.  | 118 | 00:01:01 | 00:09:35 | 143m | 7'07"/km  |
| 4.  | 117 | 00:01:00 | 00:10:35 | 111m | 9'01"/km  |
| 5.  | 116 | 00:01:21 | 00:11:56 | 177m | 7'38"/km  |
| 6.  | 115 | 00:00:46 | 00:12:42 | 96m  | 7'59"/km  |
| 7.  | 111 | 00:06:36 | 00:19:18 | 259m | 25'29"/km |
| 8.  | 125 | 00:05:08 | 00:24:26 | 519m | 9'53"/km  |
| 9.  | 152 | 00:05:27 | 00:29:53 | 557m | 9'47"/km  |
| 10. | 151 | 00:01:10 | 00:31:03 | 110m | 10'36"/km |
| 11. | 146 | 00:01:42 | 00:32:45 | 179m | 9'30"/km  |
| 12. | 141 | 00:01:57 | 00:34:42 | 201m | 9'42"/km  |
| 13. | 140 | 00:01:11 | 00:35:53 | 125m | 9'28"/km  |
| 14. | 138 | 00:02:51 | 00:38:44 | 183m | 15'34"/km |
| 15. | 149 | 00:02:26 | 00:41:10 | 316m | 7'42"/km  |
| 16. | 148 | 00:01:31 | 00:42:41 | 225m | 6'44"/km  |
| 17. | 220 | 00:00:32 | 00:43:13 | 84m  | 6'21"/km  |
| 18. | 999 | 00:00:23 | 00:43:36 | 87m  | 4'24"/km  |

Orienteering Software