



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Patrick BLEYENS

TROL

Omloop : H:04

Afstand : 4190m

Tijd : 0:49:26 (11'48"/km)

14/32

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	00:03:07		320m	9'44"/km
2.	122	00:04:52	00:07:59	503m	9'41"/km
3.	118	00:01:33	00:09:32	143m	10'50"/km
4.	117	00:01:28	00:11:00	111m	13'13"/km
5.	116	00:04:38	00:15:38	177m	26'11"/km
6.	115	00:01:23	00:17:01	96m	14'25"/km
7.	111	00:02:37	00:19:38	259m	10'06"/km
8.	125	00:04:38	00:24:16	519m	8'56"/km
9.	152	00:05:11	00:29:27	557m	9'18"/km
10.	151	00:01:45	00:31:12	110m	15'55"/km
11.	146	00:01:42	00:32:54	179m	9'30"/km
12.	141	00:01:53	00:34:47	201m	9'22"/km
13.	140	00:01:26	00:36:13	125m	11'28"/km
14.	138	00:02:29	00:38:42	183m	13'34"/km
15.	149	00:07:19	00:46:01	316m	23'09"/km
16.	148	00:02:18	00:48:19	225m	10'13"/km
17.	220	00:00:43	00:49:02	84m	8'32"/km
18.	999	00:00:24	00:49:26	87m	4'36"/km

Orienteering Software