



Valentijn - Forest Cup - BUSF

Lommel Sahara 12.2.2023

K.O.L.

Alex COURSIER

TROL

Omloop : H:05

Afstand : 3250m

Tijd : 1:03:38 (19'35"/km)

23/32

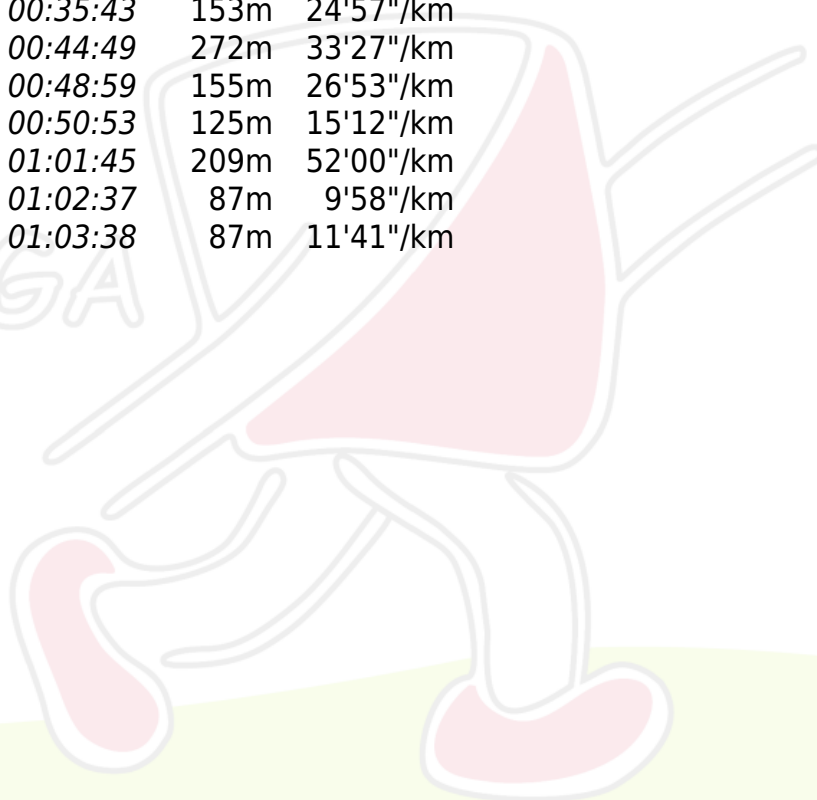
O.K.

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|-----------------------|---------|
| 1. Kobe DEFERM | 0:26:34 |
| 2. Alfred SIMKENS | 0:29:20 |
| 3. Vic VANDERSTRAETEN | 0:32:58 |

1.	101	00:03:33		192m	18'29"/km
2.	105	00:03:10	00:06:43	217m	14'36"/km
3.	123	00:06:38	00:13:21	432m	15'21"/km
4.	110	00:06:35	00:19:56	375m	17'33"/km
5.	124	00:03:01	00:22:57	233m	12'57"/km
6.	155	00:06:22	00:29:19	502m	12'41"/km
7.	156	00:02:35	00:31:54	214m	12'04"/km
8.	149	00:03:49	00:35:43	153m	24'57"/km
9.	139	00:09:06	00:44:49	272m	33'27"/km
10.	140	00:04:10	00:48:59	155m	26'53"/km
11.	141	00:01:54	00:50:53	125m	15'12"/km
12.	144	00:10:52	01:01:45	209m	52'00"/km
13.	220	00:00:52	01:02:37	87m	9'58"/km
14.	999	00:01:01	01:03:38	87m	11'41"/km

HELGA



Orienteering Software