



## Oostappense heide

Ommel 26.2.2023

KOVZ

**Wim HOEKX**

hamok

Omloop : H:IOF 2

Afstand : 4860m

Tijd : 0:47:40 (9'48"/km)

**4/18**

O.K.

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- |                  |         |
|------------------|---------|
| 1. Rudy ROOMAN   | 0:41:07 |
| 2. Guido TIMMERS | 0:42:26 |
| 3. Servais HICK  | 0:45:10 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 122 | 00:01:33 |          | 198m | 7'50"/km  |
| 2.  | 123 | 00:00:52 | 00:02:25 | 96m  | 9'02"/km  |
| 3.  | 119 | 00:02:48 | 00:05:13 | 367m | 7'38"/km  |
| 4.  | 103 | 00:02:51 | 00:08:04 | 268m | 10'38"/km |
| 5.  | 113 | 00:04:37 | 00:12:41 | 584m | 7'54"/km  |
| 6.  | 109 | 00:03:40 | 00:16:21 | 405m | 9'03"/km  |
| 7.  | 111 | 00:03:18 | 00:19:39 | 214m | 15'25"/km |
| 8.  | 115 | 00:04:45 | 00:24:24 | 570m | 8'20"/km  |
| 9.  | 116 | 00:02:04 | 00:26:28 | 190m | 10'53"/km |
| 10. | 117 | 00:04:36 | 00:31:04 | 492m | 9'21"/km  |
| 11. | 107 | 00:04:15 | 00:35:19 | 447m | 9'30"/km  |
| 12. | 104 | 00:01:50 | 00:37:09 | 171m | 10'43"/km |
| 13. | 105 | 00:02:42 | 00:39:51 | 202m | 13'22"/km |
| 14. | 102 | 00:02:13 | 00:42:04 | 180m | 12'19"/km |
| 15. | 101 | 00:01:21 | 00:43:25 | 145m | 9'19"/km  |
| 16. | 120 | 00:01:38 | 00:45:03 | 178m | 9'11"/km  |
| 17. | 100 | 00:02:05 | 00:47:08 | 65m  | 32'03"/km |
| 18. | 999 | 00:00:32 | 00:47:40 | 85m  | 6'16"/km  |

Orienteering Software