

Interland

Lommel 5.3.2023

hamok

Grégory PRINS

LHFCO

Course : M40

Distance : 8790m

Time : 1:09:44 (7'56"/km)

13/20

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Tomas HENDRICKX | 0:46:55 |
| 2. Richard ROBINSON | 0:48:30 |
| 3. Michel BASTIN | 0:48:58 |

1.	36	00:02:20		240m	9'43"/km
2.	34	00:02:00	00:04:20	306m	6'32"/km
3.	87	00:01:43	00:06:03	233m	7'22"/km
4.	32	00:02:37	00:08:40	366m	7'09"/km
5.	37	00:04:10	00:12:50	719m	5'48"/km
6.	38	00:03:42	00:16:32	585m	6'19"/km
7.	40	00:04:55	00:21:27	734m	6'42"/km
8.	41	00:07:35	00:29:02	520m	14'35"/km
9.	42	00:00:53	00:29:55	139m	6'21"/km
10.	63	00:07:32	00:37:27	1144m	6'35"/km
11.	45	00:04:22	00:41:49	637m	6'51"/km
12.	46	00:01:59	00:43:48	232m	8'33"/km
13.	47	00:02:23	00:46:11	182m	13'06"/km
14.	48	00:01:28	00:47:39	251m	5'51"/km
15.	51	00:03:28	00:51:07	342m	10'08"/km
16.	66	00:02:27	00:53:34	349m	7'01"/km
17.	91	00:01:50	00:55:24	194m	9'27"/km
18.	85	00:04:05	00:59:29	468m	8'44"/km
19.	58	00:02:31	01:02:00	204m	12'20"/km
20.	55	00:01:55	01:03:55	168m	11'25"/km
21.	82	00:01:54	01:05:49	174m	10'55"/km
22.	92	00:01:24	01:07:13	195m	7'11"/km
23.	62	00:01:50	01:09:03	284m	6'27"/km
24.	999	00:00:41	01:09:44	129m	5'18"/km

Orienteering Software