

Interland

Lommel 5.3.2023

hamok

Steven JOCHEMS

NOLB (reserves)

Course : M50

Distance : 7030m

Time : 1:01:43 (8'47"/km)

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O.K.

[Full result on Webres](#)

- | | |
|--------------------|---------|
| 1. Andy SIMPSON | 0:43:54 |
| 2. Dirk GOOSSENS | 0:44:10 |
| 3. Gunther DEFERME | 0:46:29 |

1.	102	00:02:20		185m	12'37"/km
2.	33	00:02:20	00:04:40	249m	9'22"/km
3.	34	00:03:43	00:08:23	381m	9'45"/km
4.	95	00:05:59	00:14:22	748m	8'00"/km
5.	40	00:06:18	00:20:40	851m	7'24"/km
6.	96	00:02:43	00:23:23	353m	7'42"/km
7.	89	00:03:54	00:27:17	486m	8'01"/km
8.	44	00:01:55	00:29:12	250m	7'40"/km
9.	45	00:03:03	00:32:15	350m	8'43"/km
10.	46	00:02:35	00:34:50	232m	11'08"/km
11.	97	00:02:40	00:37:30	274m	9'44"/km
12.	48	00:01:48	00:39:18	227m	7'56"/km
13.	49	00:01:12	00:40:30	117m	10'15"/km
14.	90	00:02:14	00:42:44	225m	9'56"/km
15.	67	00:04:11	00:46:55	521m	8'02"/km
16.	99	00:02:52	00:49:47	292m	9'49"/km
17.	86	00:02:20	00:52:07	282m	8'16"/km
18.	58	00:03:28	00:55:35	199m	17'25"/km
19.	82	00:01:32	00:57:07	200m	7'40"/km
20.	93	00:01:58	00:59:05	257m	7'39"/km
21.	62	00:01:49	01:00:54	221m	8'13"/km
22.	999	00:00:49	01:01:43	129m	6'20"/km

Orienteering Software