



Nationale - Long Distance Oosterlynck

Hoge Mouw 19.3.2023

TROL

Ralph KURT

TROL

Omloop : H50

Afstand : 7320m

Tijd : 1:07:07 (9'10"/km)

8/15

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------------|---------|
| 1. Olivier DE SMUL | 0:49:20 |
| 2. Roland VAN LOON | 0:51:29 |
| 3. Roel VAN DE MOORTELE | 0:53:51 |

1.	39	00:02:31		336m	7'29"/km
2.	41	00:01:27	00:03:58	126m	11'30"/km
3.	46	00:03:30	00:07:28	393m	8'54"/km
4.	49	00:03:12	00:10:40	420m	7'37"/km
5.	52	00:00:53	00:11:33	82m	10'46"/km
6.	54	00:02:24	00:13:57	269m	8'55"/km
7.	56	00:03:20	00:17:17	403m	8'16"/km
8.	60	00:02:51	00:20:08	319m	8'56"/km
9.	63	00:02:47	00:22:55	329m	8'28"/km
10.	64	00:01:49	00:24:44	144m	12'37"/km
11.	66	00:02:51	00:27:35	320m	8'54"/km
12.	67	00:03:16	00:30:51	361m	9'03"/km
13.	70	00:05:29	00:36:20	594m	9'14"/km
14.	74	00:03:50	00:40:10	419m	9'09"/km
15.	78	00:04:19	00:44:29	499m	8'39"/km
16.	81	00:05:59	00:50:28	565m	10'35"/km
17.	84	00:03:33	00:54:01	404m	8'47"/km
18.	89	00:04:07	00:58:08	465m	8'51"/km
19.	37	00:03:11	01:01:19	300m	10'37"/km
20.	97	00:02:24	01:03:43	269m	8'55"/km
21.	61	00:02:00	01:05:43	148m	13'31"/km
22.	999	00:01:24	01:07:07	153m	9'09"/km

Orienteering Software