



Nationale - Long Distance Oosterlynck

Hoge Mouw 19.3.2023

TROL

Jan FRYDENLUND

hamok

Omloop : H50

Afstand : 7320m

Tijd : 1:08:30 (9'21"/km)

9/15

O.K.

[Volledige uitslagen op Webres](#)

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

1.	39	00:02:45		336m	8'11"/km
2.	41	00:01:12	00:03:57	126m	9'31"/km
3.	46	00:03:33	00:07:30	393m	9'02"/km
4.	49	00:03:07	00:10:37	420m	7'25"/km
5.	52	00:00:58	00:11:35	82m	11'47"/km
6.	54	00:02:31	00:14:06	269m	9'21"/km
7.	56	00:03:10	00:17:16	403m	7'51"/km
8.	60	00:02:54	00:20:10	319m	9'05"/km
9.	63	00:02:31	00:22:41	329m	7'39"/km
10.	64	00:01:33	00:24:14	144m	10'46"/km
11.	66	00:03:08	00:27:22	320m	9'47"/km
12.	67	00:03:09	00:30:31	361m	8'44"/km
13.	70	00:05:30	00:36:01	594m	9'16"/km
14.	74	00:07:37	00:43:38	419m	18'11"/km
15.	78	00:03:36	00:47:14	499m	7'13"/km
16.	81	00:05:05	00:52:19	565m	9'00"/km
17.	84	00:03:27	00:55:46	404m	8'32"/km
18.	89	00:04:03	00:59:49	465m	8'43"/km
19.	37	00:03:00	01:02:49	300m	10'00"/km
20.	97	00:02:19	01:05:08	269m	8'37"/km
21.	61	00:01:53	01:07:01	148m	12'44"/km
22.	999	00:01:29	01:08:30	153m	9'42"/km

Orienteering Software