



Nationale - Long Distance Oosterlynck Hoge Mouw 19.3.2023 TROL

Jan VAN HEES

K.O.L.

Omloop : H85

Afstand : 2650m

Tijd : 0:53:12 (20'05"/km)

3/4

O.K.

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|--------------------------|---------|
| 1. Freddy HERMAN | 0:42:02 |
| 2. Frans VAN DE MOORTELE | 0:46:24 |

1.	35	00:04:19		148m	29'10"/km
2.	39	00:03:57	00:08:16	189m	20'54"/km
3.	34	00:04:50	00:13:06	260m	18'35"/km
4.	100	00:05:43	00:18:49	299m	19'07"/km
5.	91	00:05:03	00:23:52	162m	31'10"/km
6.	62	00:05:37	00:29:29	303m	18'32"/km
7.	63	00:03:43	00:33:12	143m	25'59"/km
8.	85	00:07:51	00:41:03	429m	18'18"/km
9.	93	00:06:44	00:47:47	342m	19'41"/km
10.	99	00:03:36	00:51:23	225m	16'00"/km
11.	999	00:01:49	00:53:12	155m	11'43"/km

HELGA

Orienteering Software