



Nationale - Long Distance Oosterlync

Hoge Mouw 19.3.2023

TROL

Adrianus DE RIJK

K.O.L.

Omloop : H85

Afstand : 2650m

Tijd : 0:55:59 (21'08"/km)

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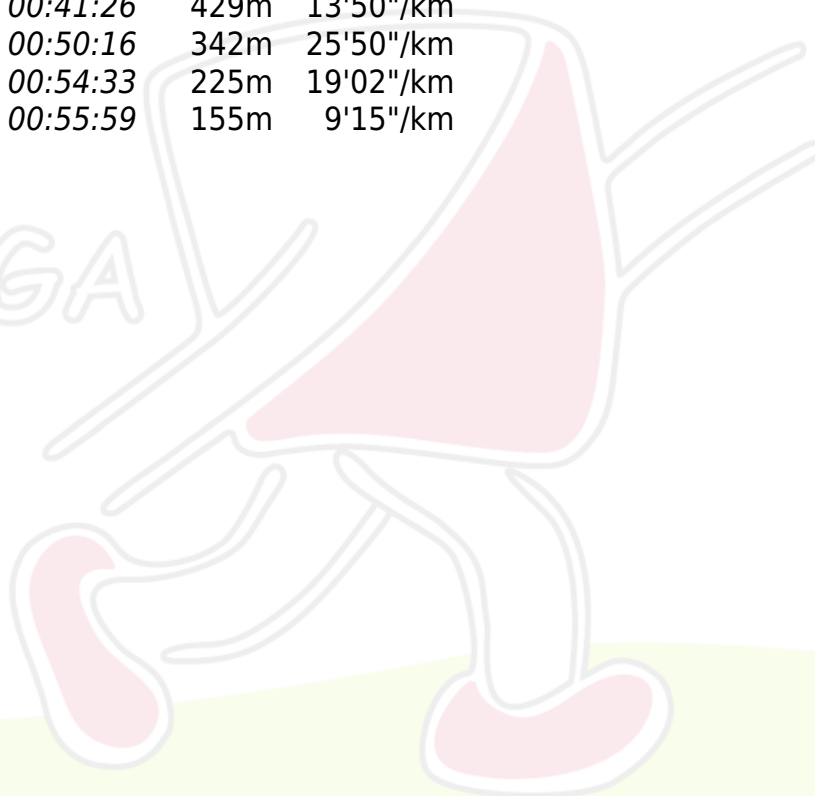
O.K.

[Volledige uitslagen op Webres](#)

1. Freddy HERMAN 0:42:02
2. Frans VAN DE MOORTELE 0:46:24
3. Jan VAN HEES 0:53:12

1.	35	00:04:01		148m	27'08"/km
2.	39	00:03:26	00:07:27	189m	18'10"/km
3.	34	00:04:15	00:11:42	260m	16'21"/km
4.	100	00:05:00	00:16:42	299m	16'43"/km
5.	91	00:04:43	00:21:25	162m	29'07"/km
6.	62	00:07:16	00:28:41	303m	23'59"/km
7.	63	00:06:49	00:35:30	143m	47'40"/km
8.	85	00:05:56	00:41:26	429m	13'50"/km
9.	93	00:08:50	00:50:16	342m	25'50"/km
10.	99	00:04:17	00:54:33	225m	19'02"/km
11.	999	00:01:26	00:55:59	155m	9'15"/km

HELGA



Orienteering Software