



# KOS ZILVERMEER

MOL 25.3.2023

K.O.L.

**Kristof WOLLES**

hamok

Omloop : H:01

Afstand : 4780m

Tijd : 0:36:28 (7'38"/km)

2/15

O.K.

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- |                |         |
|----------------|---------|
| 1. Thor WOLLES | 0:34:36 |
| 3. Kris WYNEN  | 0:37:19 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 153 | 00:00:50 |          | 74m  | 11'16"/km |
| 2.  | 146 | 00:03:25 | 00:04:15 | 279m | 12'15"/km |
| 3.  | 148 | 00:01:04 | 00:05:19 | 120m | 8'53"/km  |
| 4.  | 159 | 00:00:42 | 00:06:01 | 116m | 6'02"/km  |
| 5.  | 160 | 00:00:39 | 00:06:40 | 103m | 6'19"/km  |
| 6.  | 139 | 00:01:01 | 00:07:41 | 150m | 6'47"/km  |
| 7.  | 151 | 00:01:13 | 00:08:54 | 128m | 9'30"/km  |
| 8.  | 157 | 00:02:02 | 00:10:56 | 348m | 5'51"/km  |
| 9.  | 147 | 00:00:27 | 00:11:23 | 87m  | 5'10"/km  |
| 10. | 144 | 00:01:07 | 00:12:30 | 143m | 7'49"/km  |
| 11. | 127 | 00:01:06 | 00:13:36 | 202m | 5'27"/km  |
| 12. | 162 | 00:00:50 | 00:14:26 | 149m | 5'36"/km  |
| 13. | 134 | 00:00:43 | 00:15:09 | 108m | 6'38"/km  |
| 14. | 164 | 00:03:06 | 00:18:15 | 283m | 10'57"/km |
| 15. | 163 | 00:02:13 | 00:20:28 | 178m | 12'27"/km |
| 16. | 165 | 00:01:40 | 00:22:08 | 279m | 5'58"/km  |
| 17. | 166 | 00:00:59 | 00:23:07 | 119m | 8'16"/km  |
| 18. | 131 | 00:01:29 | 00:24:36 | 250m | 5'56"/km  |
| 19. | 161 | 00:03:03 | 00:27:39 | 395m | 7'43"/km  |
| 20. | 138 | 00:01:14 | 00:28:53 | 133m | 9'16"/km  |
| 21. | 126 | 00:01:29 | 00:30:22 | 302m | 4'55"/km  |
| 22. | 167 | 00:01:59 | 00:32:21 | 202m | 9'49"/km  |
| 23. | 149 | 00:00:44 | 00:33:05 | 125m | 5'52"/km  |
| 24. | 154 | 00:01:25 | 00:34:30 | 165m | 8'35"/km  |
| 25. | 155 | 00:00:30 | 00:35:00 | 85m  | 5'53"/km  |
| 26. | 152 | 00:00:54 | 00:35:54 | 153m | 5'53"/km  |
| 27. | 999 | 00:00:34 | 00:36:28 | 108m | 5'15"/km  |

Orienteering Software