



KOS ZILVERMEER

MOL 25.3.2023

K.O.L.

Alexander MAES

hamok

Omloop : H:02

Afstand : 3000m

Tijd : 0:35:11 (11'44"/km)

1/6

O.K.

[Volledige uitslagen op Webres](#)

2. Bert GEUDENS 0:39:10
3. Eddie GEYPEN 0:40:20

1.	155	00:01:30		140m	10'43"/km
2.	157	00:02:42	00:04:12	280m	9'39"/km
3.	145	00:01:23	00:05:35	176m	7'52"/km
4.	160	00:01:03	00:06:38	129m	8'08"/km
5.	159	00:01:07	00:07:45	103m	10'50"/km
6.	161	00:04:23	00:12:08	244m	17'58"/km
7.	162	00:05:09	00:17:17	195m	26'25"/km
8.	163	00:02:09	00:19:26	242m	8'53"/km
9.	164	00:04:14	00:23:40	178m	23'47"/km
10.	165	00:02:52	00:26:32	353m	8'07"/km
11.	131	00:02:44	00:29:16	305m	8'58"/km
12.	167	00:01:15	00:30:31	120m	10'25"/km
13.	149	00:01:35	00:32:06	125m	12'40"/km
14.	168	00:01:16	00:33:22	159m	7'58"/km
15.	153	00:01:27	00:34:49	193m	7'31"/km
16.	999	00:00:22	00:35:11	63m	5'49"/km

Orienteering Software