



KOS ZILVERMEER

MOL 25.3.2023

K.O.L.

Jens DEFERM

hamok

Omloop : H:03

Afstand : 1820m

Tijd : 0:15:32 (8'32"/km)

1/7

O.K.

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- | | |
|-----------------|---------|
| 2. Gust LOWETTE | 0:17:07 |
| 3. Kobe DEFERM | 0:21:19 |

1.	154	00:01:06		107m	10'17"/km
2.	156	00:01:20	00:02:26	181m	7'22"/km
3.	157	00:02:31	00:04:57	213m	11'49"/km
4.	158	00:01:33	00:06:30	107m	14'29"/km
5.	159	00:00:34	00:07:04	69m	8'13"/km
6.	140	00:01:17	00:08:21	159m	8'04"/km
7.	162	00:01:03	00:09:24	145m	7'14"/km
8.	166	00:01:31	00:10:55	230m	6'36"/km
9.	167	00:02:23	00:13:18	267m	8'56"/km
10.	168	00:00:59	00:14:17	136m	7'14"/km
11.	999	00:01:15	00:15:32	211m	5'55"/km

HELGA

Orienteering Software