



KOS ZILVERMEER

MOL 25.3.2023

K.O.L.

Jonas DELAERE

K.O.L.

Course : H:03

Distance : 1820m

Time : 0:24:40 (13'33"/km)

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O.K.

[Full result on Webres](#)

1. Jens DEFERM	0:15:32
2. Gust LOWETTE	0:17:07
3. Kobe DEFERM	0:21:19

1.	154	00:02:12		107m	20'34"/km
2.	156	00:01:20	00:03:32	181m	7'22"/km
3.	157	00:02:36	00:06:08	213m	12'12"/km
4.	158	00:01:02	00:07:10	107m	9'39"/km
5.	159	00:00:49	00:07:59	69m	11'50"/km
6.	140	00:01:07	00:09:06	159m	7'01"/km
7.	162	00:05:06	00:14:12	145m	35'10"/km
8.	166	00:02:04	00:16:16	230m	8'59"/km
9.	167	00:02:31	00:18:47	267m	9'26"/km
10.	168	00:04:18	00:23:05	136m	31'37"/km
11.	999	00:01:35	00:24:40	211m	7'30"/km

HELGA

Orienteering Software