



City O Cup 1 - 2023
MEERHOUT 30.4.2023
K.O.L.

Jan VAN DER ELST

Omega

Course : H:03

Distance : 3980m

Time : 0:33:43 (8'28"/km)

8/20

O.K.

[Full result on Webres](#)

- | | |
|--------------------|---------|
| 1. Guy TIREZ | 0:28:00 |
| 2. Stan DE CLERCQ | 0:31:43 |
| 3. Michel VAN LOON | 0:32:00 |

1.	169	00:03:42		518m	7'09"/km
2.	216	00:02:10	00:05:52	253m	8'34"/km
3.	167	00:01:47	00:07:39	241m	7'24"/km
4.	165	00:01:22	00:09:01	128m	10'41"/km
5.	177	00:05:07	00:14:08	561m	9'07"/km
6.	179	00:00:55	00:15:03	145m	6'19"/km
7.	186	00:03:20	00:18:23	391m	8'32"/km
8.	187	00:01:21	00:19:44	201m	6'43"/km
9.	188	00:00:04	00:19:48	82m	0'49"/km
10.	194	00:01:31	00:21:19	263m	5'46"/km
11.	197	00:03:42	00:25:01	47m	78'43"/km
12.	200	00:01:19	00:26:20	128m	10'17"/km
13.	201	00:01:19	00:27:39	204m	6'27"/km
14.	215	00:01:21	00:29:00	215m	6'17"/km
15.	192	00:00:58	00:29:58	109m	8'52"/km
16.	189	00:01:39	00:31:37	174m	9'29"/km
17.	200	00:01:00	00:32:37	117m	8'33"/km
18.	220	00:00:45	00:33:22	81m	9'16"/km
19.	999	00:00:21	00:33:43	75m	4'40"/km

Orienteering Software