

AOS #5 Mastvest

Antwerpen 4.5.2023

Antwerp Orienteers

Alan OPRSAI

Antwerp Orienteers AOS

Course : H:Lang

Distance : 5000m

Time : 0:41:18 (8'16"/km)

25/27

O.K.

[Full result on Webres](#)

1. Warre DE CUYPER	0:19:13
2. Adriaan PELCKMANS	0:21:13
3. Lok Hin MA	0:21:37

1.	31	00:04:06	606m	6'46"/km
2.	32	00:01:22 00:05:28	181m	7'33"/km
3.	33	00:01:02 00:06:30	125m	8'16"/km
4.	34	00:00:57 00:07:27	124m	7'40"/km
5.	35	00:00:38 00:08:05	83m	7'38"/km
6.	36	00:00:43 00:08:48	81m	8'51"/km
7.	37	00:01:04 00:09:52	181m	5'54"/km
8.	38	00:02:50 00:12:42	345m	8'13"/km
9.	39	00:00:47 00:13:29	96m	8'10"/km
10.	40	00:00:54 00:14:23	120m	7'30"/km
11.	41	00:01:19 00:15:42	141m	9'20"/km
12.	42	00:03:47 00:19:29	240m	15'46"/km
13.	43	00:06:17 00:25:46	251m	25'02"/km
14.	44	00:04:00 00:29:46	265m	15'06"/km
15.	46	00:02:41 00:32:27	235m	11'25"/km
16.	45	00:03:49 00:36:16	299m	12'46"/km
17.	47	00:00:00 00:36:16	185m	0'00"/km
18.	51	00:01:05 00:37:21	134m	8'05"/km
19.	49	00:01:03 00:38:24	136m	7'43"/km
20.	50	00:01:27 00:39:51	161m	9'00"/km
21.	48	00:01:13 00:41:04	180m	6'46"/km
22.	999	00:00:14 00:41:18	34m	6'52"/km

Orienteering Software