



4 days of Limburg - Day 4

Zandberg 15.8.2023

Omega

Carol SANDS

BOK Wanderers

Omloop : W70

Afstand : 3140m

Tijd : 1:08:45 (21'54"/km)

5/14

O.K.

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- | | |
|----------------------|---------|
| 1. Lisette EYKMANS | 0:45:43 |
| 2. Christine KIDDIER | 0:51:19 |
| 3. Paulette BLOMMEN | 0:53:17 |

1.	160	00:04:33		147m	30'57"/km
2.	171	00:07:00	00:11:33	369m	18'58"/km
3.	168	00:05:39	00:17:12	246m	22'58"/km
4.	144	00:08:29	00:25:41	350m	24'14"/km
5.	136	00:06:55	00:32:36	245m	28'14"/km
6.	143	00:03:35	00:36:11	189m	18'58"/km
7.	167	00:03:17	00:39:28	174m	18'52"/km
8.	156	00:03:32	00:43:00	145m	24'22"/km
9.	133	00:05:02	00:48:02	250m	20'08"/km
10.	147	00:03:01	00:51:03	189m	15'58"/km
11.	139	00:13:21	01:04:24	373m	35'47"/km
12.	100	00:03:35	01:07:59	263m	13'37"/km
13.	999	00:00:46	01:08:45	159m	4'49"/km

HELGA

Orienteering Software