



## 4 days of Limburg - Day 4

Zandberg 15.8.2023

Omega

**Peter COKELAERE**

Omega

Omloop : M45

Afstand : 7980m

Tijd : 1:47:43 (13'30"/km)

**10/19**

O.K.

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|                      |         |
|----------------------|---------|
| 1. Alistair LANDELS  | 0:56:56 |
| 2. Andrew SIMPSON    | 1:04:24 |
| 3. Laurent CHAMPIGNY | 1:05:43 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 172 | 00:04:43 |          | 526m  | 8'58"/km  |
| 2.  | 186 | 00:05:55 | 00:10:38 | 456m  | 12'59"/km |
| 3.  | 129 | 00:06:07 | 00:16:45 | 638m  | 9'35"/km  |
| 4.  | 130 | 00:08:04 | 00:24:49 | 364m  | 22'10"/km |
| 5.  | 187 | 00:03:48 | 00:28:37 | 424m  | 8'58"/km  |
| 6.  | 154 | 00:00:57 | 00:29:34 | 97m   | 9'48"/km  |
| 7.  | 178 | 00:13:16 | 00:42:50 | 1289m | 10'18"/km |
| 8.  | 132 | 00:02:06 | 00:44:56 | 134m  | 15'40"/km |
| 9.  | 147 | 00:06:23 | 00:51:19 | 512m  | 12'28"/km |
| 10. | 139 | 00:15:37 | 01:06:56 | 373m  | 41'52"/km |
| 11. | 137 | 00:12:15 | 01:19:11 | 497m  | 24'39"/km |
| 12. | 169 | 00:02:52 | 01:22:03 | 321m  | 8'56"/km  |
| 13. | 176 | 00:04:06 | 01:26:09 | 280m  | 14'39"/km |
| 14. | 135 | 00:04:19 | 01:30:28 | 334m  | 12'55"/km |
| 15. | 165 | 00:03:28 | 01:33:56 | 417m  | 8'19"/km  |
| 16. | 175 | 00:04:11 | 01:38:07 | 363m  | 11'31"/km |
| 17. | 138 | 00:03:58 | 01:42:05 | 218m  | 18'12"/km |
| 18. | 161 | 00:03:33 | 01:45:38 | 356m  | 9'58"/km  |
| 19. | 100 | 00:01:38 | 01:47:16 | 178m  | 9'11"/km  |
| 20. | 999 | 00:00:27 | 01:47:43 | 159m  | 2'50"/km  |

Orienteering Software