



Nationale lang Sonnis - Kelchterhoef
HOUTHALEN 1.10.2023
K.O.L.

Jean Paul HOMBROECKX

hamok

Omloop : SD

Afstand : 4470m

Tijd : 1:21:57 (18'20"/km)

16/29

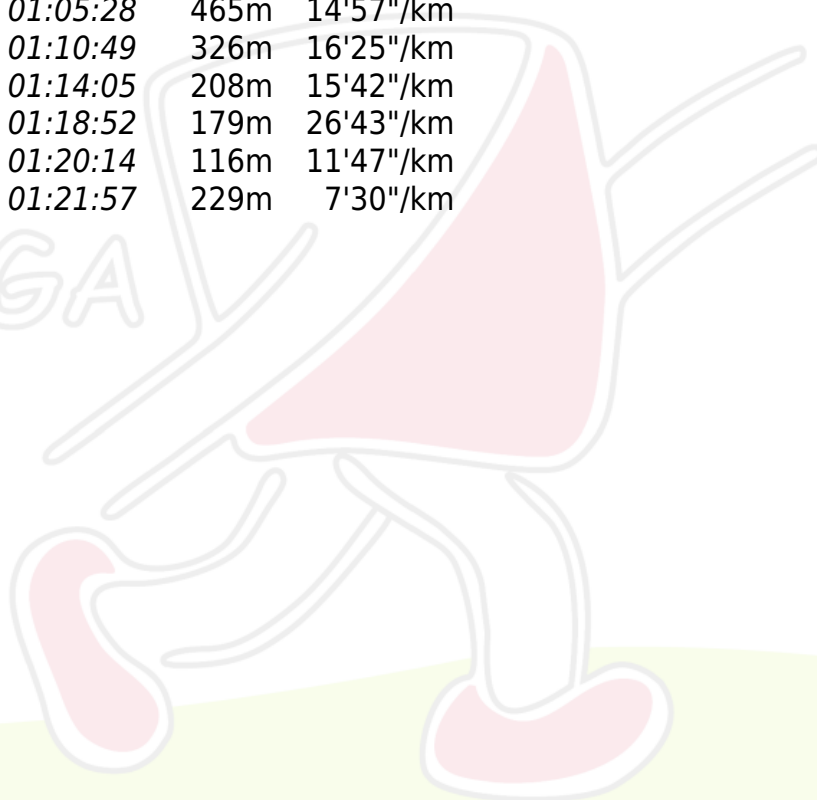
O.K.

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- | | |
|-------------------|---------|
| 1. Silke VAN ROOY | 0:43:21 |
| 2. Bart WILLEMS | 0:44:12 |
| 3. Wolf DE MITS | 0:45:17 |

1.	127	00:09:01		549m	16'25"/km
2.	193	00:08:46	00:17:47	368m	23'49"/km
3.	172	00:06:30	00:24:17	433m	15'01"/km
4.	194	00:10:48	00:35:05	738m	14'38"/km
5.	116	00:16:02	00:51:07	324m	49'29"/km
6.	181	00:03:16	00:54:23	211m	15'29"/km
7.	175	00:04:08	00:58:31	244m	16'56"/km
8.	188	00:06:57	01:05:28	465m	14'57"/km
9.	170	00:05:21	01:10:49	326m	16'25"/km
10.	123	00:03:16	01:14:05	208m	15'42"/km
11.	118	00:04:47	01:18:52	179m	26'43"/km
12.	200	00:01:22	01:20:14	116m	11'47"/km
13.	999	00:01:43	01:21:57	229m	7'30"/km

HELGA



Orienteering Software