



Militair regelmatigheidscriterium

Ciney 9.11.2023

Md Bn 1/3 L

Laura HEYMANS

ERSO-KSOO

Omloop : D:03

Afstand : 5000m (Hoogteverschil 170m)

Tijd : 0:42:25 (8'29"/km)

1/7

O.K.

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2. Ines DEKOCK 0:44:30
3. Véronique WAELENS 0:48:08

1.	133	00:02:13		277m	8'00"/km
2.	103	00:02:04	00:04:17	343m	6'02"/km
3.	147	00:02:01	00:06:18	274m	7'22"/km
4.	117	00:04:39	00:10:57	560m	8'18"/km
5.	116	00:02:02	00:12:59	245m	8'18"/km
6.	136	00:01:30	00:14:29	103m	14'34"/km
7.	114	00:00:46	00:15:15	128m	5'59"/km
8.	104	00:01:10	00:16:25	163m	7'09"/km
9.	141	00:04:38	00:21:03	523m	8'52"/km
10.	142	00:01:25	00:22:28	298m	4'45"/km
11.	111	00:01:29	00:23:57	177m	8'23"/km
12.	110	00:01:35	00:25:32	154m	10'17"/km
13.	109	00:02:15	00:27:47	170m	13'14"/km
14.	108	00:02:10	00:29:57	252m	8'36"/km
15.	107	00:01:32	00:31:29	97m	15'48"/km
16.	115	00:02:21	00:33:50	302m	7'47"/km
17.	144	00:01:51	00:35:41	167m	11'05"/km
18.	148	00:02:04	00:37:45	201m	10'17"/km
19.	118	00:01:00	00:38:45	121m	8'16"/km
20.	146	00:02:00	00:40:45	200m	10'00"/km
21.	120	00:00:55	00:41:40	112m	8'11"/km
22.	121	00:00:32	00:42:12	85m	6'16"/km
23.	180	00:00:13	00:42:25	52m	4'10"/km

Orienteering Software