



## SYLVESTER 5 DAYS 2023 - DAY 4

Boshoverheide 29.12.2023

KOVZ

**Rudy CANTRE**

K.O.L.

Omloop : H70

Afstand : 3410m

Tijd : 0:35:44 (10'29"/km) [Punten : 883]

**3/15**

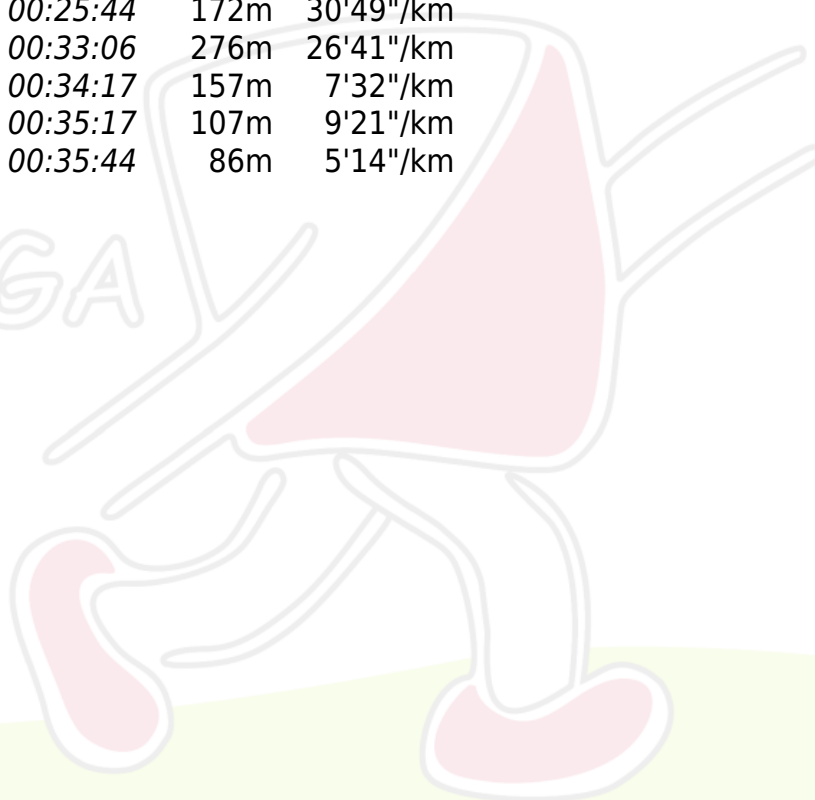
O.K.

[Volledige uitslagen op Webres](#)

- |                       |                |
|-----------------------|----------------|
| 1. Frans WENS         | 0:31:34 [1000] |
| 2. Dominique SCHUTJES | 0:35:17 [895]  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 140 | 00:02:05 |          | 278m | 7'30"/km  |
| 2.  | 134 | 00:06:06 | 00:08:11 | 721m | 8'28"/km  |
| 3.  | 133 | 00:01:46 | 00:09:57 | 164m | 10'46"/km |
| 4.  | 116 | 00:01:58 | 00:11:55 | 249m | 7'54"/km  |
| 5.  | 117 | 00:02:10 | 00:14:05 | 292m | 7'25"/km  |
| 6.  | 119 | 00:03:50 | 00:17:55 | 556m | 6'54"/km  |
| 7.  | 120 | 00:02:31 | 00:20:26 | 352m | 7'09"/km  |
| 8.  | 130 | 00:05:18 | 00:25:44 | 172m | 30'49"/km |
| 9.  | 124 | 00:07:22 | 00:33:06 | 276m | 26'41"/km |
| 10. | 127 | 00:01:11 | 00:34:17 | 157m | 7'32"/km  |
| 11. | 128 | 00:01:00 | 00:35:17 | 107m | 9'21"/km  |
| 12. | 999 | 00:00:27 | 00:35:44 | 86m  | 5'14"/km  |

HELGA



Orienteering Software