



## SYLVESTER 5 DAYS 2023 - DAY 4

Boshoverheide 29.12.2023

KOVZ

**Léonard THIENPOND**

ASUB

Omloop : H70

Afstand : 3410m

Tijd : 0:52:05 (15'16"/km) [Punten : 606]

**11/15**

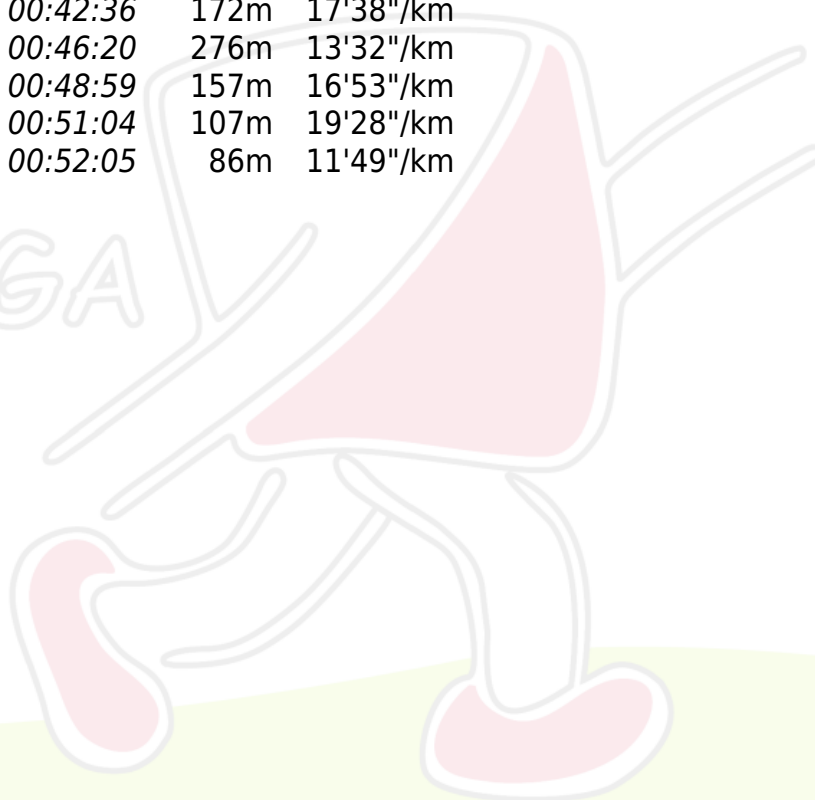
O.K.

[Volledige uitslagen op Webres](#)

- |                       |                |
|-----------------------|----------------|
| 1. Frans WENS         | 0:31:34 [1000] |
| 2. Dominique SCHUTJES | 0:35:17 [895]  |
| 3. Rudy CANTRE        | 0:35:44 [883]  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 140 | 00:04:55 |          | 278m | 17'41"/km |
| 2.  | 134 | 00:09:32 | 00:14:27 | 721m | 13'13"/km |
| 3.  | 133 | 00:02:25 | 00:16:52 | 164m | 14'44"/km |
| 4.  | 116 | 00:03:54 | 00:20:46 | 249m | 15'40"/km |
| 5.  | 117 | 00:06:14 | 00:27:00 | 292m | 21'21"/km |
| 6.  | 119 | 00:07:39 | 00:34:39 | 556m | 13'46"/km |
| 7.  | 120 | 00:04:55 | 00:39:34 | 352m | 13'58"/km |
| 8.  | 130 | 00:03:02 | 00:42:36 | 172m | 17'38"/km |
| 9.  | 124 | 00:03:44 | 00:46:20 | 276m | 13'32"/km |
| 10. | 127 | 00:02:39 | 00:48:59 | 157m | 16'53"/km |
| 11. | 128 | 00:02:05 | 00:51:04 | 107m | 19'28"/km |
| 12. | 999 | 00:01:01 | 00:52:05 | 86m  | 11'49"/km |

HELGA



Orienteering Software