



# Nationale Lang - SOFT

## ZWARTE WEG - LEOPOLDSBURG 3.3.2024

### K.O.L.

**Marc CLAES**

hamok

Omloop : SD

Afstand : 4460m

Tijd : 0:41:54 (9'24"/km)

**2/32**

O.K.

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- |                           |         |
|---------------------------|---------|
| 1. Jorran VAN DER HEIJDEN | 0:35:31 |
| 3. Pim VAN DER WIJK       | 0:42:32 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 206 | 00:02:23 |          | 238m | 10'01"/km |
| 2.  | 175 | 00:01:56 | 00:04:19 | 219m | 8'50"/km  |
| 3.  | 190 | 00:02:09 | 00:06:28 | 222m | 9'41"/km  |
| 4.  | 164 | 00:03:25 | 00:09:53 | 379m | 9'01"/km  |
| 5.  | 197 | 00:05:19 | 00:15:12 | 606m | 8'46"/km  |
| 6.  | 165 | 00:02:15 | 00:17:27 | 177m | 12'43"/km |
| 7.  | 194 | 00:02:07 | 00:19:34 | 238m | 8'54"/km  |
| 8.  | 167 | 00:01:15 | 00:20:49 | 122m | 10'15"/km |
| 9.  | 226 | 00:01:36 | 00:22:25 | 138m | 11'36"/km |
| 10. | 213 | 00:02:41 | 00:25:06 | 297m | 9'02"/km  |
| 11. | 163 | 00:01:26 | 00:26:32 | 150m | 9'33"/km  |
| 12. | 198 | 00:02:17 | 00:28:49 | 197m | 11'35"/km |
| 13. | 233 | 00:03:00 | 00:31:49 | 315m | 9'31"/km  |
| 14. | 201 | 00:02:25 | 00:34:14 | 215m | 11'14"/km |
| 15. | 156 | 00:01:37 | 00:35:51 | 187m | 8'39"/km  |
| 16. | 172 | 00:00:38 | 00:36:29 | 85m  | 7'27"/km  |
| 17. | 162 | 00:03:10 | 00:39:39 | 373m | 8'29"/km  |
| 18. | 220 | 00:01:50 | 00:41:29 | 172m | 10'40"/km |
| 19. | 999 | 00:00:25 | 00:41:54 | 128m | 3'15"/km  |

Orienteering Software