



# Ienteloop Rulheyde Kasterlee 19.6.2024 TROL

**Joost CRAUWELS**

TROL

Omloop : H:01

Afstand : 5090m

Tijd : 0:44:29 (8'44"/km)

**13/46**

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Yannick MICHIELS | 0:29:23 |
| 2. Arno KEUPPENS    | 0:33:30 |
| 3. Winston FRANSSEN | 0:33:50 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 101 | 00:00:52 |          | 101m | 8'35"/km  |
| 2.  | 102 | 00:01:12 | 00:02:04 | 109m | 11'01"/km |
| 3.  | 103 | 00:01:22 | 00:03:26 | 193m | 7'05"/km  |
| 4.  | 104 | 00:02:12 | 00:05:38 | 208m | 10'35"/km |
| 5.  | 105 | 00:01:40 | 00:07:18 | 190m | 8'46"/km  |
| 6.  | 106 | 00:01:47 | 00:09:05 | 175m | 10'11"/km |
| 7.  | 107 | 00:01:53 | 00:10:58 | 172m | 10'57"/km |
| 8.  | 108 | 00:02:45 | 00:13:43 | 354m | 7'46"/km  |
| 9.  | 109 | 00:01:23 | 00:15:06 | 167m | 8'17"/km  |
| 10. | 114 | 00:01:45 | 00:16:51 | 249m | 7'02"/km  |
| 11. | 112 | 00:02:12 | 00:19:03 | 263m | 8'22"/km  |
| 12. | 125 | 00:02:37 | 00:21:40 | 296m | 8'50"/km  |
| 13. | 113 | 00:01:10 | 00:22:50 | 120m | 9'43"/km  |
| 14. | 111 | 00:02:04 | 00:24:54 | 212m | 9'45"/km  |
| 15. | 110 | 00:01:24 | 00:26:18 | 156m | 8'58"/km  |
| 16. | 121 | 00:01:42 | 00:28:00 | 138m | 12'19"/km |
| 17. | 122 | 00:02:38 | 00:30:38 | 320m | 8'14"/km  |
| 18. | 115 | 00:01:39 | 00:32:17 | 166m | 9'56"/km  |
| 19. | 123 | 00:01:37 | 00:33:54 | 180m | 8'59"/km  |
| 20. | 124 | 00:01:28 | 00:35:22 | 156m | 9'24"/km  |
| 21. | 116 | 00:01:30 | 00:36:52 | 220m | 6'49"/km  |
| 22. | 117 | 00:01:16 | 00:38:08 | 156m | 8'07"/km  |
| 23. | 118 | 00:01:14 | 00:39:22 | 178m | 6'56"/km  |
| 24. | 119 | 00:02:01 | 00:41:23 | 287m | 7'02"/km  |
| 25. | 120 | 00:01:43 | 00:43:06 | 134m | 12'49"/km |
| 26. | 999 | 00:01:23 | 00:44:29 | 194m | 7'08"/km  |

Orienteering Software