



## 3 Days of Belgium 2024 - Day 1

Gaume 28.6.2024

ASUB

**Wim VERVOORT**

TROL

Circuit : H55

Distance : 4000m (Dénivelé 90m)

Temps : 0:30:30 (7'38"/km)

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O.K.

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- |                 |         |
|-----------------|---------|
| 2. Noël NIJSTEN | 0:32:25 |
| 3. Stephan VIS  | 0:33:05 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 193 | 00:06:57 |          | 1091m | 6'22"/km  |
| 2.  | 206 | 00:01:10 | 00:08:07 | 167m  | 6'59"/km  |
| 3.  | 207 | 00:01:00 | 00:09:07 | 92m   | 10'52"/km |
| 4.  | 194 | 00:01:06 | 00:10:13 | 138m  | 7'58"/km  |
| 5.  | 195 | 00:02:38 | 00:12:51 | 270m  | 9'45"/km  |
| 6.  | 208 | 00:04:16 | 00:17:07 | 385m  | 11'05"/km |
| 7.  | 227 | 00:00:50 | 00:17:57 | 104m  | 8'01"/km  |
| 8.  | 235 | 00:03:03 | 00:21:00 | 437m  | 6'59"/km  |
| 9.  | 215 | 00:01:14 | 00:22:14 | 182m  | 6'47"/km  |
| 10. | 233 | 00:01:30 | 00:23:44 | 221m  | 6'47"/km  |
| 11. | 217 | 00:01:56 | 00:25:40 | 273m  | 7'05"/km  |
| 12. | 218 | 00:02:30 | 00:28:10 | 299m  | 8'22"/km  |
| 13. | 222 | 00:01:39 | 00:29:49 | 176m  | 9'23"/km  |
| 14. | 255 | 00:00:27 | 00:30:16 | 83m   | 5'25"/km  |
| 15. | 999 | 00:00:14 | 00:30:30 | 101m  | 2'19"/km  |

Orienteering Software