



## 3 Days of Belgium 2024 - Day 1

Gaume 28.6.2024

ASUB

**Frank AERDEN**

K.O.L.

Course : H55

Distance : 4000m (Climbing 90m)

Time : 1:00:37 (15'09"/km)

**26/42**

O.K.

[Full result on Webres](#)

- |                 |         |
|-----------------|---------|
| 1. Wim VERVOORT | 0:30:30 |
| 2. Noël NIJSTEN | 0:32:25 |
| 3. Stephan VIS  | 0:33:05 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 193 | 00:12:48 |          | 1091m | 11'44"/km |
| 2.  | 206 | 00:01:37 | 00:14:25 | 167m  | 9'41"/km  |
| 3.  | 207 | 00:01:39 | 00:16:04 | 92m   | 17'56"/km |
| 4.  | 194 | 00:03:02 | 00:19:06 | 138m  | 21'59"/km |
| 5.  | 195 | 00:05:13 | 00:24:19 | 270m  | 19'19"/km |
| 6.  | 208 | 00:06:37 | 00:30:56 | 385m  | 17'11"/km |
| 7.  | 227 | 00:01:18 | 00:32:14 | 104m  | 12'30"/km |
| 8.  | 235 | 00:06:30 | 00:38:44 | 437m  | 14'52"/km |
| 9.  | 215 | 00:04:37 | 00:43:21 | 182m  | 25'22"/km |
| 10. | 233 | 00:02:54 | 00:46:15 | 221m  | 13'07"/km |
| 11. | 217 | 00:03:54 | 00:50:09 | 273m  | 14'17"/km |
| 12. | 218 | 00:06:19 | 00:56:28 | 299m  | 21'08"/km |
| 13. | 222 | 00:02:35 | 00:59:03 | 176m  | 14'41"/km |
| 14. | 255 | 00:00:52 | 00:59:55 | 83m   | 10'27"/km |
| 15. | 999 | 00:00:42 | 01:00:37 | 101m  | 6'56"/km  |

Orienteering Software