



## 3 Days of Belgium 2024 - Day 3

Gaume 30.6.2024

ASUB

### John ROWE

Fingal Orienteers (Ireland)

Course : H60

Distance : 4900m (Climbing 100m)

Time : 1:53:34 (23'11"/km)

43/50

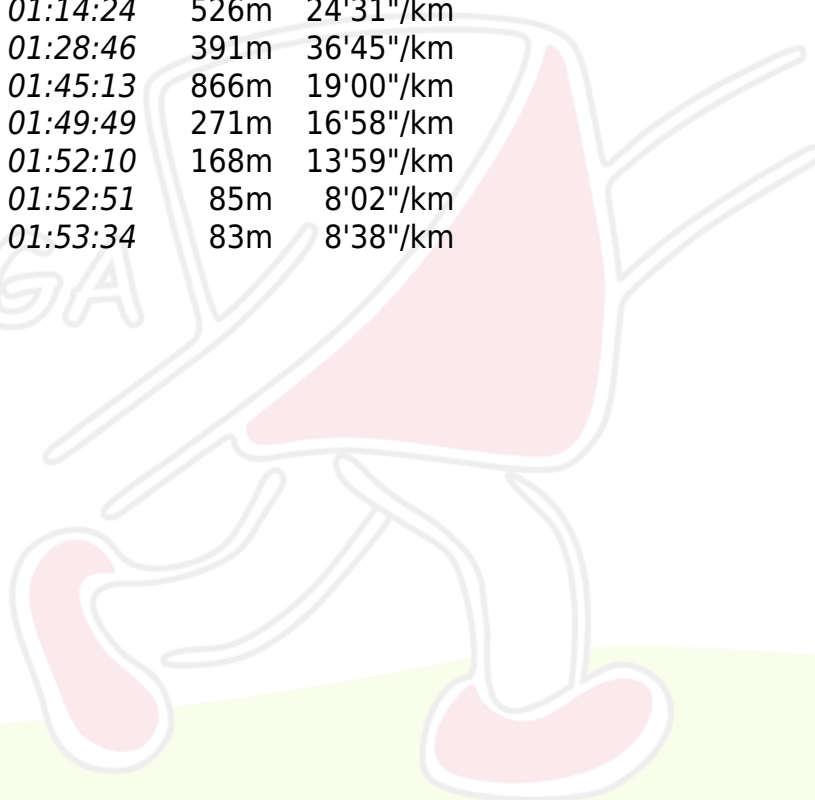
O.K.

[Full result on Webres](#)

- |                         |         |
|-------------------------|---------|
| 1. Bart VAN DE MOORTELE | 0:38:24 |
| 2. Wiet LAENEN          | 0:39:00 |
| 3. Konstantin SMIRNOV   | 0:40:35 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 183 | 00:08:47 |          | 464m | 18'56"/km |
| 2.  | 190 | 00:17:36 | 00:26:23 | 651m | 27'02"/km |
| 3.  | 213 | 00:13:39 | 00:40:02 | 559m | 24'25"/km |
| 4.  | 212 | 00:01:03 | 00:41:05 | 74m  | 14'11"/km |
| 5.  | 210 | 00:06:10 | 00:47:15 | 269m | 22'55"/km |
| 6.  | 209 | 00:11:39 | 00:58:54 | 377m | 30'54"/km |
| 7.  | 208 | 00:02:36 | 01:01:30 | 99m  | 26'16"/km |
| 8.  | 204 | 00:12:54 | 01:14:24 | 526m | 24'31"/km |
| 9.  | 196 | 00:14:22 | 01:28:46 | 391m | 36'45"/km |
| 10. | 253 | 00:16:27 | 01:45:13 | 866m | 19'00"/km |
| 11. | 250 | 00:04:36 | 01:49:49 | 271m | 16'58"/km |
| 12. | 222 | 00:02:21 | 01:52:10 | 168m | 13'59"/km |
| 13. | 255 | 00:00:41 | 01:52:51 | 85m  | 8'02"/km  |
| 14. | 999 | 00:00:43 | 01:53:34 | 83m  | 8'38"/km  |

HELGA



Orienteering Software