

AOS #7 Sint Anna

Linkeroever 4.7.2024

Antwerp Orienteers

Lok Hin MA

Antwerp Orienteers

Omloop : H:Lang

Afstand : 5000m

Tijd : 0:29:56 (5'59"/km)

3/42

O.K.

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- | | |
|-------------------|---------|
| 1. Corneel CASIER | 0:24:00 |
| 2. Joel LEISTRA | 0:29:19 |

1.	32	00:00:36		135m	4'27"/km
2.	33	00:00:53	00:01:29	76m	11'37"/km
3.	34	00:01:24	00:02:53	145m	9'39"/km
4.	35	00:00:00	00:02:53	82m	0'00"/km
5.	36	00:01:59	00:04:52	302m	6'34"/km
6.	37	00:00:33	00:05:25	94m	5'51"/km
7.	47	00:00:32	00:05:57	91m	5'52"/km
8.	39	00:00:18	00:06:15	42m	7'09"/km
9.	38	00:00:59	00:07:14	171m	5'45"/km
10.	40	00:01:18	00:08:32	139m	9'21"/km
11.	41	00:00:48	00:09:20	139m	5'45"/km
12.	42	00:01:03	00:10:23	48m	21'53"/km
13.	43	00:01:01	00:11:24	126m	8'04"/km
14.	44	00:04:14	00:15:38	594m	7'08"/km
15.	45	00:01:30	00:17:08	103m	14'34"/km
16.	46	00:03:25	00:20:33	588m	5'49"/km
17.	48	00:00:58	00:21:31	154m	6'17"/km
18.	49	00:00:30	00:22:01	72m	6'57"/km
19.	50	00:00:45	00:22:46	93m	8'04"/km
20.	51	00:00:29	00:23:15	90m	5'22"/km
21.	52	00:02:19	00:25:34	390m	5'56"/km
22.	31	00:01:01	00:26:35	190m	5'21"/km
23.	53	00:01:42	00:28:17	119m	14'17"/km
24.	54	00:01:13	00:29:30	261m	4'40"/km
25.	999	00:00:30	00:30:00	86m	5'49"/km

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