



Herfstwisselbeker

Kasterlee 20.10.2024

TROL

Kiara NIJST

Hermathenae

Circuit : D:7 IOF Open

Distance : 4350m (Dénivelé 70m)

Temps : 1:28:31 (20'21"/km)

5/6

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------------|---------|
| 1. Esmée PRUMMEL | 0:53:58 |
| 2. Anja STYNEN | 1:07:38 |
| 3. Marie-Christine METTEN | 1:18:49 |

1.	159	00:03:13		174m	18'29"/km
2.	112	00:02:59	00:06:12	188m	15'52"/km
3.	155	00:03:04	00:09:16	170m	18'02"/km
4.	115	00:04:14	00:13:30	170m	24'54"/km
5.	117	00:06:23	00:19:53	338m	18'53"/km
6.	157	00:07:06	00:26:59	437m	16'15"/km
7.	151	00:02:56	00:29:55	174m	16'51"/km
8.	156	00:04:24	00:34:19	210m	20'57"/km
9.	125	00:05:34	00:39:53	131m	42'30"/km
10.	136	00:08:16	00:48:09	407m	20'19"/km
11.	135	00:05:50	00:53:59	228m	25'35"/km
12.	141	00:05:34	00:59:33	230m	24'12"/km
13.	140	00:02:25	01:01:58	130m	18'35"/km
14.	131	00:06:17	01:08:15	322m	19'31"/km
15.	129	00:05:17	01:13:32	181m	29'11"/km
16.	152	00:03:22	01:16:54	246m	13'41"/km
17.	160	00:03:45	01:20:39	207m	18'07"/km
18.	161	00:03:43	01:24:22	180m	20'39"/km
19.	158	00:02:36	01:26:58	131m	19'51"/km
20.	999	00:01:33	01:28:31	97m	15'59"/km

Orienteering Software