



Herfstwisselbeker

Kasterlee 20.10.2024

TROL

Remco HEREIJGERS

Antwerp Orienteers

Omloop : H:1 IOF

Afstand : 8390m (Hoogteverschil 85m)

Tijd : 0:58:23 (6'58"/km)

1/4

O.K.

[Volledige uitslagen op Webres](#)

2. Tarmo KUUB

1:13:43

3. Louis SIMOEN

1:36:05

1.	110	00:01:54		227m	8'22"/km
2.	102	00:01:14	00:03:08	115m	10'43"/km
3.	108	00:01:09	00:04:17	199m	5'47"/km
4.	105	00:02:43	00:07:00	384m	7'04"/km
5.	109	00:00:45	00:07:45	134m	5'36"/km
6.	104	00:01:49	00:09:34	311m	5'50"/km
7.	149	00:02:08	00:11:42	320m	6'40"/km
8.	120	00:02:56	00:14:38	510m	5'45"/km
9.	121	00:01:43	00:16:21	152m	11'18"/km
10.	155	00:03:07	00:19:28	395m	7'53"/km
11.	115	00:01:27	00:20:55	170m	8'32"/km
12.	153	00:03:05	00:24:00	339m	9'06"/km
13.	117	00:00:55	00:24:55	104m	8'49"/km
14.	116	00:01:19	00:26:14	181m	7'16"/km
15.	119	00:02:46	00:29:00	429m	6'27"/km
16.	128	00:03:56	00:32:56	666m	5'54"/km
17.	129	00:00:44	00:33:40	74m	9'55"/km
18.	130	00:00:58	00:34:38	116m	8'20"/km
19.	139	00:01:49	00:36:27	276m	6'35"/km
20.	162	00:02:21	00:38:48	437m	5'23"/km
21.	143	00:01:29	00:40:17	164m	9'03"/km
22.	137	00:01:53	00:42:10	259m	7'16"/km
23.	138	00:01:00	00:43:10	118m	8'28"/km
24.	135	00:02:59	00:46:09	402m	7'25"/km
25.	141	00:01:47	00:47:56	230m	7'45"/km
26.	146	00:01:06	00:49:02	175m	6'17"/km
27.	147	00:01:23	00:50:25	222m	6'14"/km
28.	125	00:02:43	00:53:08	454m	5'59"/km
29.	152	00:01:59	00:55:07	310m	6'24"/km
30.	126	00:01:22	00:56:29	216m	6'20"/km
31.	161	00:00:38	00:57:07	93m	6'49"/km
32.	999	00:01:16	00:58:23	206m	6'09"/km