



Forest cup HOGE VIJVERS ARENDONK 3.11.2024 K.O.L.

Sonja NIJS

Omega

Omloop : D:05

Afstand : 3560m

Tijd : 0:57:49 (16'14"/km)

5/15

O.K.

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|--------------------|---------|
| 1. Mia KINNAER | 0:52:55 |
| 2. Betty DE MEYER | 0:56:59 |
| 3. Hilde VERCAEREN | 0:57:27 |

1.	148	00:02:18		174m	13'13"/km
2.	124	00:09:58	00:12:16	386m	25'49"/km
3.	126	00:07:24	00:19:40	522m	14'11"/km
4.	125	00:06:10	00:25:50	301m	20'29"/km
5.	138	00:04:55	00:30:45	247m	19'54"/km
6.	115	00:04:10	00:34:55	261m	15'58"/km
7.	105	00:04:56	00:39:51	387m	12'45"/km
8.	141	00:04:07	00:43:58	222m	18'33"/km
9.	133	00:04:48	00:48:46	342m	14'02"/km
10.	143	00:03:12	00:51:58	218m	14'41"/km
11.	119	00:03:44	00:55:42	227m	16'27"/km
12.	999	00:02:07	00:57:49	271m	7'49"/km

HELGA

Orienteering Software