

AOS #11 Valaarpark

Hoboken 7.11.2024

Antwerp Orienteers

Els ROUCHET

Indiv.

Circuit : D:Lang

Distance : 6590m

Temps : 0:52:40 (8'00"/km)

4/8

O.K.

[Résultats complets sur Webres](#)

- | | |
|------------------------|---------|
| 1. Claudia ROOMAN | 0:46:47 |
| 2. Lise MILBOU | 0:49:31 |
| 3. Astrid VANDERHEYDEN | 0:51:02 |

1.	31	00:00:47		104m	7'32"/km
2.	32	00:01:28	00:02:15	228m	6'26"/km
3.	33	00:01:43	00:03:58	197m	8'43"/km
4.	34	00:01:03	00:05:01	141m	7'27"/km
5.	35	00:05:55	00:10:56	720m	8'13"/km
6.	36	00:06:23	00:17:19	616m	10'22"/km
7.	37	00:00:52	00:18:11	75m	11'33"/km
8.	38	00:00:34	00:18:45	95m	5'58"/km
9.	39	00:02:36	00:21:21	254m	10'14"/km
10.	40	00:02:19	00:23:40	158m	14'40"/km
11.	41	00:00:51	00:24:31	91m	9'20"/km
12.	42	00:01:02	00:25:33	69m	14'59"/km
13.	44	00:06:50	00:32:23		
14.	54	00:00:57	00:33:20	96m	9'54"/km
15.	46	00:06:25	00:39:45	720m	8'55"/km
16.	55	00:00:56	00:40:41	122m	7'39"/km
17.	47	00:02:42	00:43:23	272m	9'56"/km
18.	48	00:03:50	00:47:13	374m	10'15"/km
19.	49	00:00:34	00:47:47	86m	6'35"/km
20.	50	00:00:51	00:48:38	100m	8'30"/km
21.	51	00:00:24	00:49:02	27m	14'49"/km
22.	52	00:01:32	00:50:34	168m	9'08"/km
23.	53	00:01:20	00:51:54	175m	7'37"/km
24.	999	00:00:46	00:52:40	129m	5'57"/km

Orienteering Software