



## Clubtraining KOL

8.12.2024

K.O.L.

**Jody PAUWELS**

K.O.L.

Course : H:02

Distance : 5650m

Time : 0:54:25 (9'38"/km)

**3/21**

O.K.

[Full result on Webres](#)

1. Dolf LEPPENS

0:53:00

2. Stan MAES

0:53:17

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 228 | 00:01:15 |          | 185m | 6'45"/km  |
| 2.  | 201 | 00:02:03 | 00:03:18 | 110m | 18'38"/km |
| 3.  | 206 | 00:02:34 | 00:05:52 | 320m | 8'01"/km  |
| 4.  | 207 | 00:01:20 | 00:07:12 | 155m | 8'36"/km  |
| 5.  | 209 | 00:00:51 | 00:08:03 | 110m | 7'44"/km  |
| 6.  | 217 | 00:03:28 | 00:11:31 | 117m | 29'38"/km |
| 7.  | 206 | 00:01:47 | 00:13:18 | 173m | 10'18"/km |
| 8.  | 208 | 00:02:42 | 00:16:00 | 385m | 7'01"/km  |
| 9.  | 212 | 00:01:32 | 00:17:32 | 223m | 6'53"/km  |
| 10. | 223 | 00:04:16 | 00:21:48 | 353m | 12'05"/km |
| 11. | 205 | 00:02:13 | 00:24:01 | 155m | 14'18"/km |
| 12. | 213 | 00:00:54 | 00:24:55 | 131m | 6'52"/km  |
| 13. | 215 | 00:01:01 | 00:25:56 | 134m | 7'35"/km  |
| 14. | 210 | 00:01:32 | 00:27:28 | 183m | 8'23"/km  |
| 15. | 219 | 00:02:56 | 00:30:24 | 255m | 11'30"/km |
| 16. | 220 | 00:01:26 | 00:31:50 | 218m | 6'34"/km  |
| 17. | 210 | 00:01:17 | 00:33:07 | 201m | 6'23"/km  |
| 18. | 216 | 00:00:56 | 00:34:03 | 99m  | 9'26"/km  |
| 19. | 214 | 00:02:21 | 00:36:24 | 219m | 10'44"/km |
| 20. | 225 | 00:01:51 | 00:38:15 | 219m | 8'27"/km  |
| 21. | 222 | 00:02:19 | 00:40:34 | 180m | 12'52"/km |
| 22. | 221 | 00:02:47 | 00:43:21 | 290m | 9'36"/km  |
| 23. | 214 | 00:03:40 | 00:47:01 | 230m | 15'57"/km |
| 24. | 204 | 00:03:09 | 00:50:10 | 344m | 9'09"/km  |
| 25. | 202 | 00:03:16 | 00:53:26 | 496m | 6'35"/km  |
| 26. | 999 | 00:00:59 | 00:54:25 | 162m | 6'04"/km  |

Orienteering Software