



Clubtraining KOL

8.12.2024

K.O.L.

Sandro GRASSO

K.O.L.

Course : H:02

Distance : 5650m

Time : 1:06:08 (11'42"/km)

9/21

O.K.

[Full result on Webres](#)

1. Dolf LEPPENS	0:53:00
2. Stan MAES	0:53:17
3. Jody PAUWELS	0:54:25

1.	228	00:03:21		185m	18'06"/km
2.	201	00:01:29	00:04:50	110m	13'29"/km
3.	206	00:04:11	00:09:01	320m	13'04"/km
4.	207	00:02:06	00:11:07	155m	13'33"/km
5.	209	00:01:06	00:12:13	110m	10'00"/km
6.	217	00:03:23	00:15:36	117m	28'55"/km
7.	206	00:01:40	00:17:16	173m	9'38"/km
8.	208	00:03:38	00:20:54	385m	9'26"/km
9.	212	00:02:01	00:22:55	223m	9'03"/km
10.	223	00:08:15	00:31:10	353m	23'22"/km
11.	205	00:02:23	00:33:33	155m	15'23"/km
12.	213	00:01:16	00:34:49	131m	9'40"/km
13.	215	00:01:17	00:36:06	134m	9'35"/km
14.	210	00:01:42	00:37:48	183m	9'17"/km
15.	219	00:02:25	00:40:13	255m	9'29"/km
16.	220	00:01:51	00:42:04	218m	8'29"/km
17.	210	00:01:33	00:43:37	201m	7'43"/km
18.	216	00:00:59	00:44:36	99m	9'56"/km
19.	214	00:02:34	00:47:10	219m	11'43"/km
20.	225	00:01:59	00:49:09	219m	9'03"/km
21.	222	00:01:57	00:51:06	180m	10'50"/km
22.	221	00:02:32	00:53:38	290m	8'44"/km
23.	214	00:03:10	00:56:48	230m	13'46"/km
24.	204	00:03:47	01:00:35	344m	11'00"/km
25.	202	00:04:15	01:04:50	496m	8'34"/km
26.	999	00:01:18	01:06:08	162m	8'01"/km

Orienteering Software