



## Clubtraining KOL

8.12.2024

K.O.L.

**Jackie VANDIJCK**

K.O.L.

Omloop : H:02

Afstand : 5650m

Tijd : 1:06:32 (11'47"/km)

**10/21**

O.K.

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 228 | 00:02:29 |          | 185m | 13'25"/km |
| 2.  | 201 | 00:01:36 | 00:04:05 | 110m | 14'33"/km |
| 3.  | 206 | 00:03:54 | 00:07:59 | 320m | 12'11"/km |
| 4.  | 207 | 00:01:38 | 00:09:37 | 155m | 10'32"/km |
| 5.  | 209 | 00:01:27 | 00:11:04 | 110m | 13'11"/km |
| 6.  | 217 | 00:02:00 | 00:13:04 | 117m | 17'06"/km |
| 7.  | 206 | 00:01:53 | 00:14:57 | 173m | 10'53"/km |
| 8.  | 208 | 00:03:40 | 00:18:37 | 385m | 9'31"/km  |
| 9.  | 212 | 00:02:04 | 00:20:41 | 223m | 9'16"/km  |
| 10. | 223 | 00:04:56 | 00:25:37 | 353m | 13'59"/km |
| 11. | 205 | 00:04:13 | 00:29:50 | 155m | 27'12"/km |
| 12. | 213 | 00:01:17 | 00:31:07 | 131m | 9'48"/km  |
| 13. | 214 | 00:01:18 | 00:32:25 |      |           |
| 14. | 215 | 00:03:03 | 00:35:28 |      |           |
| 15. | 210 | 00:01:28 | 00:36:56 | 183m | 8'01"/km  |
| 16. | 219 | 00:02:39 | 00:39:35 | 255m | 10'24"/km |
| 17. | 220 | 00:01:58 | 00:41:33 | 218m | 9'01"/km  |
| 18. | 210 | 00:01:38 | 00:43:11 | 201m | 8'08"/km  |
| 19. | 216 | 00:01:12 | 00:44:23 | 99m  | 12'07"/km |
| 20. | 214 | 00:03:04 | 00:47:27 | 219m | 14'00"/km |
| 21. | 225 | 00:02:45 | 00:50:12 | 219m | 12'33"/km |
| 22. | 222 | 00:02:22 | 00:52:34 | 180m | 13'09"/km |
| 23. | 221 | 00:03:14 | 00:55:48 | 290m | 11'09"/km |
| 24. | 214 | 00:02:09 | 00:57:57 | 230m | 9'21"/km  |
| 25. | 204 | 00:03:35 | 01:01:32 | 344m | 10'25"/km |
| 26. | 202 | 00:03:57 | 01:05:29 | 496m | 7'58"/km  |
| 27. | 999 | 00:01:03 | 01:06:32 | 162m | 6'29"/km  |

Orienteering Software