



Clubtraining KOL

8.12.2024

K.O.L.

Paul CORTHOUTS

K.O.L.

Omloop : H:02

Afstand : 5650m

Tijd : 1:11:04 (12'35"/km)

16/21

O.K.

[Volledige uitslagen op Webres](#)

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

1.	228	00:01:46		185m	9'33"/km
2.	201	00:02:17	00:04:03	110m	20'45"/km
3.	206	00:03:54	00:07:57	320m	12'11"/km
4.	207	00:02:15	00:10:12	155m	14'31"/km
5.	209	00:01:36	00:11:48	110m	14'33"/km
6.	217	00:01:53	00:13:41	117m	16'06"/km
7.	206	00:01:47	00:15:28	173m	10'18"/km
8.	208	00:04:08	00:19:36	385m	10'44"/km
9.	212	00:02:25	00:22:01	223m	10'50"/km
10.	223	00:05:46	00:27:47	353m	16'20"/km
11.	205	00:04:09	00:31:56	155m	26'46"/km
12.	213	00:01:20	00:33:16	131m	10'11"/km
13.	215	00:01:29	00:34:45	134m	11'04"/km
14.	210	00:01:43	00:36:28	183m	9'23"/km
15.	219	00:03:07	00:39:35	255m	12'13"/km
16.	220	00:02:38	00:42:13	218m	12'05"/km
17.	210	00:02:30	00:44:43	201m	12'26"/km
18.	216	00:01:34	00:46:17	99m	15'49"/km
19.	214	00:03:41	00:49:58	219m	16'49"/km
20.	225	00:02:25	00:52:23	219m	11'02"/km
21.	222	00:02:57	00:55:20	180m	16'23"/km
22.	221	00:03:01	00:58:21	290m	10'24"/km
23.	214	00:02:20	01:00:41	230m	10'09"/km
24.	204	00:03:39	01:04:20	344m	10'37"/km
25.	202	00:05:08	01:09:28	496m	10'21"/km
26.	999	00:01:36	01:11:04	162m	9'53"/km

Orienteering Software