



## Clubtraining KOL

8.12.2024

K.O.L.

**Rudi GERINCKX**

K.O.L.

Circuit : H:02

Distance : 5650m

Temps : 1:40:10 (17'44"/km)

**20/21**

O.K.

[Résultats complets sur 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 | 00:02:11 | 00:05:32 | 110m | 19'51"/km |
| 3.  | 206 | 00:05:16 | 00:10:48 | 320m | 16'27"/km |
| 4.  | 207 | 00:02:54 | 00:13:42 | 155m | 18'43"/km |
| 5.  | 209 | 00:01:26 | 00:15:08 | 110m | 13'02"/km |
| 6.  | 217 | 00:02:22 | 00:17:30 | 117m | 20'14"/km |
| 7.  | 206 | 00:02:43 | 00:20:13 | 173m | 15'42"/km |
| 8.  | 208 | 00:03:58 | 00:24:11 | 385m | 10'18"/km |
| 9.  | 212 | 00:03:23 | 00:27:34 | 223m | 15'10"/km |
| 10. | 223 | 00:07:09 | 00:34:43 | 353m | 20'15"/km |
| 11. | 205 | 00:05:01 | 00:39:44 | 155m | 32'22"/km |
| 12. | 213 | 00:01:49 | 00:41:33 | 131m | 13'52"/km |
| 13. | 215 | 00:02:09 | 00:43:42 | 134m | 16'03"/km |
| 14. | 210 | 00:02:31 | 00:46:13 | 183m | 13'45"/km |
| 15. | 219 | 00:04:19 | 00:50:32 | 255m | 16'56"/km |
| 16. | 220 | 00:03:42 | 00:54:14 | 218m | 16'58"/km |
| 17. | 210 | 00:02:47 | 00:57:01 | 201m | 13'51"/km |
| 18. | 216 | 00:02:02 | 00:59:03 | 99m  | 20'32"/km |
| 19. | 214 | 00:12:00 | 01:11:03 | 219m | 54'48"/km |
| 20. | 225 | 00:03:19 | 01:14:22 | 219m | 15'09"/km |
| 21. | 222 | 00:02:34 | 01:16:56 | 180m | 14'16"/km |
| 22. | 221 | 00:04:53 | 01:21:49 | 290m | 16'50"/km |
| 23. | 214 | 00:03:05 | 01:24:54 | 230m | 13'24"/km |
| 24. | 204 | 00:06:29 | 01:31:23 | 344m | 18'51"/km |
| 25. | 202 | 00:06:52 | 01:38:15 | 496m | 13'51"/km |
| 26. | 999 | 00:01:55 | 01:40:10 | 162m | 11'50"/km |

Orienteering Software