



Clubtraining KOL

8.12.2024

K.O.L.

Ivo TIMMERMANS

K.O.L.

Percorso : H:03

Distancia : 4120m

Tempo : 0:56:01 (13'36"/km)

1/13

O.K.

[Resultados completos em Webres](#)

2. Frederik NUYTS 0:57:41
3. René STEENSSENS 0:58:21

1.	203	00:01:44		246m	7'03"/km
2.	223	00:04:47	00:06:31	235m	20'21"/km
3.	205	00:02:45	00:09:16	155m	17'45"/km
4.	215	00:03:02	00:12:18	224m	13'32"/km
5.	226	00:01:27	00:13:45	134m	10'49"/km
6.	218	00:02:02	00:15:47	185m	10'59"/km
7.	210	00:00:50	00:16:37	91m	9'09"/km
8.	220	00:02:16	00:18:53	201m	11'17"/km
9.	219	00:02:55	00:21:48	218m	13'23"/km
10.	216	00:01:44	00:23:32	175m	9'54"/km
11.	219	00:04:57	00:28:29	175m	28'17"/km
12.	220	00:02:24	00:30:53	218m	11'01"/km
13.	210	00:02:06	00:32:59	201m	10'27"/km
14.	224	00:02:11	00:35:10	219m	9'58"/km
15.	213	00:01:06	00:36:16	89m	12'22"/km
16.	225	00:03:23	00:39:39	253m	13'22"/km
17.	222	00:02:21	00:42:00	180m	13'03"/km
18.	221	00:02:48	00:44:48	290m	9'39"/km
19.	214	00:02:28	00:47:16	230m	10'43"/km
20.	204	00:03:38	00:50:54	344m	10'34"/km
21.	223	00:02:37	00:53:31	230m	11'23"/km
22.	999	00:02:30	00:56:01	321m	7'47"/km

Orienteering Software