



Clubtraining KOL

8.12.2024

K.O.L.

Frank AERDEN

K.O.L.

Course : H:03

Distance : 4120m

Time : 1:01:07 (14'50"/km)

5/13

O.K.

[Full result on Webres](#)

1. Ivo TIMMERMANS	0:56:01
2. Frederik NUYTS	0:57:41
3. René STEENSSENS	0:58:21

1.	203	00:07:03		246m	28'40"/km
2.	223	00:04:23	00:11:26	235m	18'39"/km
3.	205	00:03:43	00:15:09	155m	23'59"/km
4.	215	00:02:49	00:17:58	224m	12'34"/km
5.	226	00:01:21	00:19:19	134m	10'04"/km
6.	218	00:01:51	00:21:10	185m	10'00"/km
7.	210	00:00:39	00:21:49	91m	7'09"/km
8.	216	00:02:11	00:24:00	99m	22'03"/km
9.	219	00:02:57	00:26:57	175m	16'51"/km
10.	220	00:02:40	00:29:37	218m	12'14"/km
11.	210	00:03:06	00:32:43	201m	15'25"/km
12.	224	00:02:30	00:35:13	219m	11'25"/km
13.	213	00:01:04	00:36:17	89m	11'59"/km
14.	225	00:04:39	00:40:56	253m	18'23"/km
15.	222	00:02:14	00:43:10	180m	12'24"/km
16.	221	00:04:27	00:47:37	290m	15'21"/km
17.	214	00:02:49	00:50:26	230m	12'15"/km
18.	204	00:05:05	00:55:31	344m	14'47"/km
19.	223	00:02:40	00:58:11	230m	11'36"/km
20.	999	00:02:56	01:01:07	321m	9'08"/km

Orienteering Software