



Clubtraining KOL

8.12.2024

K.O.L.

Chris NEYENS

K.O.L.

Omloop : H:03

Afstand : 4120m

Tijd : 1:04:28 (15'39"/km)

7/13

O.K.

[Volledige uitslagen op Webres](#)

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

1.	203	00:02:42		246m	10'59"/km
2.	223	00:03:41	00:06:23	235m	15'40"/km
3.	205	00:04:40	00:11:03	155m	30'06"/km
4.	215	00:03:58	00:15:01	224m	17'42"/km
5.	226	00:01:50	00:16:51	134m	13'41"/km
6.	218	00:02:19	00:19:10	185m	12'31"/km
7.	210	00:01:14	00:20:24	91m	13'33"/km
8.	216	00:01:53	00:22:17	99m	19'01"/km
9.	219	00:02:13	00:24:30	175m	12'40"/km
10.	220	00:03:47	00:28:17	218m	17'21"/km
11.	210	00:02:45	00:31:02	201m	13'41"/km
12.	224	00:02:56	00:33:58	219m	13'24"/km
13.	213	00:01:22	00:35:20	89m	15'21"/km
14.	225	00:04:29	00:39:49	253m	17'43"/km
15.	222	00:03:26	00:43:15	180m	19'04"/km
16.	221	00:04:09	00:47:24	290m	14'19"/km
17.	214	00:03:27	00:50:51	230m	15'00"/km
18.	204	00:04:58	00:55:49	344m	14'26"/km
19.	223	00:04:58	01:00:47	230m	21'36"/km
20.	999	00:03:41	01:04:28	321m	11'28"/km

Orienteering Software