



## SYLVESTER 5 DAYS 2024 - DAY 3

Kattevenia 28.12.2024

K.O.L.

**Linda SCHRADER**

Olifant

Omloop : D40

Afstand : 5370m

Tijd : 0:52:23 (9'45"/km)

**2/11**

O.K.

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- |                     |                |
|---------------------|----------------|
| 1. Helena PLUYMERS  | 0:50:16 [1000] |
| 3. Lieke VAN OPSTAL | 0:56:12 [894]  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 134 | 00:02:10 |          | 279m | 7'46"/km  |
| 2.  | 147 | 00:06:19 | 00:08:29 | 705m | 8'58"/km  |
| 3.  | 140 | 00:02:09 | 00:10:38 | 240m | 8'58"/km  |
| 4.  | 146 | 00:01:55 | 00:12:33 | 158m | 12'08"/km |
| 5.  | 142 | 00:02:16 | 00:14:49 | 185m | 12'15"/km |
| 6.  | 139 | 00:04:31 | 00:19:20 | 401m | 11'16"/km |
| 7.  | 158 | 00:05:24 | 00:24:44 | 558m | 9'41"/km  |
| 8.  | 125 | 00:04:23 | 00:29:07 | 596m | 7'21"/km  |
| 9.  | 168 | 00:02:20 | 00:31:27 | 300m | 7'47"/km  |
| 10. | 170 | 00:04:00 | 00:35:27 | 335m | 11'56"/km |
| 11. | 171 | 00:00:57 | 00:36:24 | 82m  | 11'35"/km |
| 12. | 172 | 00:04:21 | 00:40:45 | 220m | 19'46"/km |
| 13. | 174 | 00:02:27 | 00:43:12 | 159m | 15'25"/km |
| 14. | 180 | 00:03:46 | 00:46:58 | 333m | 11'19"/km |
| 15. | 195 | 00:02:52 | 00:49:50 | 351m | 8'10"/km  |
| 16. | 198 | 00:01:17 | 00:51:07 | 152m | 8'27"/km  |
| 17. | 200 | 00:00:48 | 00:51:55 | 136m | 5'53"/km  |
| 18. | 999 | 00:00:28 | 00:52:23 | 104m | 4'29"/km  |

Orienteering Software