



## SYLVESTER 5 DAYS 2024 - DAY 3

Kattevenia 28.12.2024

K.O.L.

**Christa ZWIKKER**

TROL

Circuit : D75

Distance : 2960m

Temps : 0:45:18 (15'18"/km) [Points : 1000]

**1/4**

O.K.

[Résultats complets sur Webres](#)

|                    |               |
|--------------------|---------------|
| 2. Ruth RHODES     | 0:50:54 [890] |
| 3. Danielle NOLENS | 1:05:53 [688] |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 131 | 00:02:43 |          | 126m | 21'34"/km |
| 2.  | 136 | 00:04:50 | 00:07:33 | 304m | 15'54"/km |
| 3.  | 128 | 00:05:14 | 00:12:47 | 375m | 13'57"/km |
| 4.  | 166 | 00:04:10 | 00:16:57 | 315m | 13'14"/km |
| 5.  | 172 | 00:05:22 | 00:22:19 | 371m | 14'28"/km |
| 6.  | 178 | 00:05:49 | 00:28:08 | 332m | 17'31"/km |
| 7.  | 180 | 00:05:26 | 00:33:34 | 114m | 47'40"/km |
| 8.  | 182 | 00:02:05 | 00:35:39 | 159m | 13'06"/km |
| 9.  | 192 | 00:03:30 | 00:39:09 | 264m | 13'15"/km |
| 10. | 196 | 00:02:49 | 00:41:58 | 194m | 14'31"/km |
| 11. | 200 | 00:02:43 | 00:44:41 | 224m | 12'08"/km |
| 12. | 999 | 00:00:37 | 00:45:18 | 104m | 5'56"/km  |

HELGA

Orienteering Software