

**Glen RICHARDSON**

norfolk OC

Course : H45

Distance : 6820m

Time : 0:57:15 (8'24"/km)

**8/22**

O.K.

[Full result on Webres](#)

|               |                |
|---------------|----------------|
| 1. Ingo HORST | 0:45:11 [1000] |
| 2. Jan OEYEN  | 0:46:38 [969]  |
| 3. Kim JANSEN | 0:47:06 [959]  |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 96  | 00:04:08 |          | 487m | 8'29"/km  |
| 2.  | 72  | 00:02:35 | 00:06:43 | 300m | 8'37"/km  |
| 3.  | 57  | 00:03:33 | 00:10:16 | 457m | 7'46"/km  |
| 4.  | 119 | 00:04:00 | 00:14:16 | 225m | 17'47"/km |
| 5.  | 99  | 00:05:49 | 00:20:05 | 614m | 9'28"/km  |
| 6.  | 100 | 00:01:14 | 00:21:19 | 137m | 9'00"/km  |
| 7.  | 101 | 00:01:05 | 00:22:24 | 144m | 7'31"/km  |
| 8.  | 61  | 00:03:48 | 00:26:12 | 455m | 8'21"/km  |
| 9.  | 33  | 00:05:45 | 00:31:57 | 889m | 6'28"/km  |
| 10. | 84  | 00:00:48 | 00:32:45 | 114m | 7'01"/km  |
| 11. | 85  | 00:01:03 | 00:33:48 | 106m | 9'54"/km  |
| 12. | 104 | 00:02:15 | 00:36:03 | 310m | 7'15"/km  |
| 13. | 112 | 00:02:42 | 00:38:45 | 181m | 14'55"/km |
| 14. | 89  | 00:00:50 | 00:39:35 | 115m | 7'15"/km  |
| 15. | 43  | 00:01:41 | 00:41:16 | 244m | 6'54"/km  |
| 16. | 75  | 00:00:52 | 00:42:08 | 73m  | 11'52"/km |
| 17. | 86  | 00:03:25 | 00:45:33 | 474m | 7'12"/km  |
| 18. | 41  | 00:00:55 | 00:46:28 | 108m | 8'29"/km  |
| 19. | 78  | 00:03:32 | 00:50:00 | 448m | 7'53"/km  |
| 20. | 76  | 00:01:28 | 00:51:28 | 180m | 8'09"/km  |
| 21. | 113 | 00:01:09 | 00:52:37 | 174m | 6'37"/km  |
| 22. | 103 | 00:02:40 | 00:55:17 | 256m | 10'25"/km |
| 23. | 69  | 00:01:06 | 00:56:23 | 130m | 8'28"/km  |
| 24. | 999 | 00:00:52 | 00:57:15 | 193m | 4'29"/km  |

Orienteering Software