

**Helena VAN RUMST**

Indiv.

Percurso : XS

Distancia : 2640m

Tempo : 1:03:38 (24'06"/km)

**2/3**

O.K.

[Resultados completos em Webres](#)

|                  |         |
|------------------|---------|
| 1. Elias MAES    | 0:53:43 |
| 3. Beah CONRADIE | 1:18:34 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 58  | 00:07:22 |          | 100m | 73'40"/km |
| 2.  | 49  | 00:07:04 | 00:14:26 | 266m | 26'34"/km |
| 3.  | 50  | 00:11:08 | 00:25:34 | 307m | 36'16"/km |
| 4.  | 51  | 00:08:35 | 00:34:09 | 228m | 37'39"/km |
| 5.  | 52  | 00:02:27 | 00:36:36 | 141m | 17'23"/km |
| 6.  | 53  | 00:08:01 | 00:44:37 | 407m | 19'42"/km |
| 7.  | 114 | 00:02:43 | 00:47:20 | 161m | 16'52"/km |
| 8.  | 55  | 00:06:54 | 00:54:14 | 400m | 17'15"/km |
| 9.  | 56  | 00:04:47 | 00:59:01 | 259m | 18'28"/km |
| 10. | 69  | 00:03:21 | 01:02:22 | 178m | 18'49"/km |
| 11. | 999 | 00:01:16 | 01:03:38 | 193m | 6'34"/km  |

HELGA

Orienteering Software