



## SYLVESTER 5 DAYS 2024 - DAY 5

Galgenberg 30.12.2024

KOVZ

**Herman PRUMMEL**

K.O.L.

Omloop : SD

Afstand : 3840m

Tijd : 0:42:43 (11'07"/km)

9/26

O.K.

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- |                      |         |
|----------------------|---------|
| 1. Marco MENSINK     | 0:25:54 |
| 2. Bjørn Idar SÆTRAN | 0:33:50 |
| 3. Ellen HOUBEN      | 0:34:53 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 123 | 00:02:01 |          | 104m | 19'23"/km |
| 2.  | 125 | 00:02:28 | 00:04:29 | 308m | 8'01"/km  |
| 3.  | 142 | 00:02:34 | 00:07:03 | 230m | 11'10"/km |
| 4.  | 146 | 00:03:19 | 00:10:22 | 295m | 11'15"/km |
| 5.  | 161 | 00:08:25 | 00:18:47 | 538m | 15'39"/km |
| 6.  | 151 | 00:03:42 | 00:22:29 | 262m | 14'07"/km |
| 7.  | 140 | 00:03:10 | 00:25:39 | 288m | 11'00"/km |
| 8.  | 137 | 00:01:33 | 00:27:12 | 130m | 11'55"/km |
| 9.  | 130 | 00:01:48 | 00:29:00 | 157m | 11'28"/km |
| 10. | 119 | 00:02:31 | 00:31:31 | 237m | 10'37"/km |
| 11. | 118 | 00:01:09 | 00:32:40 | 98m  | 11'44"/km |
| 12. | 116 | 00:02:28 | 00:35:08 | 191m | 12'55"/km |
| 13. | 113 | 00:01:27 | 00:36:35 | 208m | 6'58"/km  |
| 14. | 107 | 00:01:52 | 00:38:27 | 155m | 12'03"/km |
| 15. | 104 | 00:01:05 | 00:39:32 | 91m  | 11'54"/km |
| 16. | 101 | 00:01:58 | 00:41:30 | 266m | 7'24"/km  |
| 17. | 100 | 00:00:33 | 00:42:03 | 74m  | 7'26"/km  |
| 18. | 999 | 00:00:40 | 00:42:43 | 113m | 5'54"/km  |

Orienteering Software