



Regionale Hechtelse Duinen West Leopoldsburg - Hechtel 19.1.2025 K.O.L.

Jean OOMS

hamok

Omloop : H:05

Afstand : 3780m

Tijd : 1:14:43 (19'46"/km)

19/29

O.K.

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- | | |
|----------------------|---------|
| 1. Kris VERDUYCKT | 0:34:26 |
| 2. Ivo TIMMERMANS | 0:42:58 |
| 3. Helmut WOLLGARTEN | 0:50:15 |

1.	203	00:04:38		144m	32'11"/km
2.	41	00:03:56	00:08:34	211m	18'38"/km
3.	56	00:04:06	00:12:40	198m	20'42"/km
4.	195	00:15:59	00:28:39	426m	37'31"/km
5.	47	00:02:49	00:31:28	97m	29'02"/km
6.	62	00:04:50	00:36:18	321m	15'03"/km
7.	190	00:02:33	00:38:51	158m	16'08"/km
8.	64	00:04:15	00:43:06	284m	14'58"/km
9.	48	00:02:02	00:45:08	107m	19'00"/km
10.	196	00:03:48	00:48:56	229m	16'36"/km
11.	197	00:04:25	00:53:21	267m	16'33"/km
12.	35	00:06:19	00:59:40	449m	14'04"/km
13.	193	00:03:37	01:03:17	197m	18'22"/km
14.	40	00:08:52	01:12:09	536m	16'33"/km
15.	200	00:02:10	01:14:19	101m	21'27"/km
16.	999	00:00:24	01:14:43	60m	6'40"/km

Orienteering Software