



# CITY - O CUP 1 - 2025

BALEN 30.3.2025

K.O.L.

**Ellen MOLS**

hamok

Omloop : D:02

Afstand : 5350m

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niet geklasseerd

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- |                    |         |
|--------------------|---------|
| 1. Kim TIREZ       | 0:49:30 |
| 2. Nancy TEUNCKENS | 0:50:14 |
| 3. Lina GORIS      | 0:51:52 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 40  | 00:01:24 |          | 95m  | 14'44"/km |
| 2.  | 48  | 00:00:34 | 00:01:58 |      |           |
| 3.  | 138 | 00:00:36 | 00:02:34 | 113m | 5'19"/km  |
| 4.  | 46  | 00:00:42 | 00:03:16 | 119m | 5'53"/km  |
| 5.  | 47  | 00:01:58 | 00:05:14 | 313m | 6'17"/km  |
| 6.  | 113 | 00:00:24 | 00:05:38 | 54m  | 7'24"/km  |
| 7.  | 102 | 00:01:12 | 00:06:50 | 174m | 6'54"/km  |
| 8.  | 51  | 00:02:13 | 00:09:03 | 263m | 8'26"/km  |
| 9.  | 104 | 00:00:25 | 00:09:28 | 70m  | 5'57"/km  |
| 10. | 105 | 00:00:00 | 00:09:28 | 66m  | 0'00"/km  |
| 11. | 139 | 00:01:59 | 00:11:27 | 132m | 15'02"/km |
| 12. | 140 | 00:02:22 | 00:13:49 | 56m  | 42'16"/km |
| 13. | 106 | 00:00:44 | 00:14:33 | 91m  | 8'04"/km  |
| 14. | 110 | 00:00:48 | 00:15:21 | 100m | 8'00"/km  |
| 15. | 111 | 00:01:37 | 00:16:58 | 210m | 7'42"/km  |
| 16. | 50  | 00:00:54 | 00:17:52 | 132m | 6'49"/km  |
| 17. | 112 | 00:00:00 | 00:17:52 | 45m  | 0'00"/km  |
| 18. | 103 | 00:02:16 | 00:20:08 | 206m | 11'00"/km |
| 19. | 114 | 00:01:52 | 00:22:00 | 320m | 5'50"/km  |
| 20. | 141 | 00:00:31 | 00:22:31 | 57m  | 9'04"/km  |
| 21. | 142 | 00:02:03 | 00:24:34 | 315m | 6'30"/km  |
| 22. | 115 | 00:01:57 | 00:26:31 | 253m | 7'42"/km  |
| 23. | 143 | 00:04:19 | 00:30:50 | 96m  | 44'58"/km |
| 24. | 144 | 00:00:48 | 00:31:38 | 126m | 6'21"/km  |
| 25. | 145 | 00:00:37 | 00:32:15 | 106m | 5'49"/km  |
| 26. | 146 | 00:00:28 | 00:32:43 | 73m  | 6'24"/km  |
| 27. | 121 | 00:00:27 | 00:33:10 | 59m  | 7'38"/km  |
| 28. | 122 | 00:00:00 | 00:33:10 | 30m  | 0'00"/km  |
| 29. | 147 | 00:01:42 | 00:34:52 | 201m | 8'27"/km  |
| 30. | 148 | 00:00:45 | 00:35:37 | 83m  | 9'02"/km  |
| 31. | 123 | 00:02:55 | 00:38:32 | 293m | 9'57"/km  |
| 32. | 131 | 00:05:16 | 00:43:48 | 367m | 14'21"/km |
| 33. | 149 | 00:00:57 | 00:44:45 | 67m  | 14'11"/km |
| 34. | 135 | 00:00:48 | 00:45:33 | 74m  | 10'49"/km |
| 35. | 150 | 00:00:46 | 00:46:19 | 60m  | 12'47"/km |
| 36. | 41  | 00:01:12 | 00:47:31 |      |           |
| 37. | 31  | 00:00:30 | 00:48:01 | 70m  | 7'09"/km  |
| 38. | 136 | 00:01:17 | 00:49:18 | 123m | 10'26"/km |



39. 999 00:00:19 00:49:37 62m 5'06"/km

HELGA



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