



CITY - O CUP 1 - 2025

BALEN 30.3.2025

K.O.L.

Dieter SELS

hamok

Omloop : H:02

Afstand : 5350m

Tijd : 0:46:42 (8'44"/km)

11/23

O.K.

[Volledige uitslagen op Webres](#)

1. Frederik LOECKX	0:36:53
2. Siegfried BAKELANTS	0:37:13
3. Ronny TIMMERS	0:40:55

1.	40	00:01:16		95m	13'20"/km
2.	48	00:00:16	00:01:32		
3.	138	00:00:41	00:02:13	113m	6'03"/km
4.	46	00:00:46	00:02:59	119m	6'27"/km
5.	47	00:02:06	00:05:05	313m	6'43"/km
6.	113	00:00:33	00:05:38	54m	10'11"/km
7.	102	00:01:12	00:06:50	174m	6'54"/km
8.	51	00:02:17	00:09:07	263m	8'41"/km
9.	104	00:00:25	00:09:32	70m	5'57"/km
10.	105	00:00:00	00:09:32	66m	0'00"/km
11.	139	00:01:44	00:11:16	132m	13'08"/km
12.	140	00:01:05	00:12:21	56m	19'21"/km
13.	106	00:00:49	00:13:10	91m	8'58"/km
14.	110	00:00:48	00:13:58	100m	8'00"/km
15.	111	00:01:49	00:15:47	210m	8'39"/km
16.	50	00:00:54	00:16:41	132m	6'49"/km
17.	112	00:00:00	00:16:41	45m	0'00"/km
18.	103	00:02:09	00:18:50	206m	10'26"/km
19.	114	00:01:54	00:20:44	320m	5'56"/km
20.	141	00:00:29	00:21:13	57m	8'29"/km
21.	142	00:02:06	00:23:19	315m	6'40"/km
22.	115	00:01:58	00:25:17	253m	7'46"/km
23.	143	00:01:35	00:26:52	96m	16'30"/km
24.	144	00:00:50	00:27:42	126m	6'37"/km
25.	145	00:00:36	00:28:18	106m	5'40"/km
26.	146	00:00:31	00:28:49	73m	7'05"/km
27.	121	00:00:29	00:29:18	59m	8'12"/km
28.	122	00:00:00	00:29:18	30m	0'00"/km
29.	147	00:01:57	00:31:15	201m	9'42"/km
30.	148	00:00:37	00:31:52	83m	7'26"/km
31.	123	00:02:57	00:34:49	293m	10'04"/km
32.	131	00:05:18	00:40:07	367m	14'26"/km
33.	149	00:01:44	00:41:51	67m	25'52"/km
34.	135	00:00:31	00:42:22	74m	6'59"/km
35.	150	00:00:53	00:43:15	60m	14'43"/km
36.	132	00:01:30	00:44:45	163m	9'12"/km



37.	31	00:00:30	00:45:15	64m	7'49"/km
38.	136	00:01:06	00:46:21	123m	8'57"/km
39.	999	00:00:21	00:46:42	62m	5'39"/km

HELGA



Orienteering Software