



CITY - O CUP 1 - 2025

BALEN 30.3.2025

K.O.L.

Adrie VAN OPSTAL

K.O.L.

Omloop : H:03

Afstand : 4240m

Tijd : 0:42:49 (10'06"/km)

9/24

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------|---------|
| 1. Lou SNYERS | 0:31:53 |
| 2. Guy TIREZ | 0:36:21 |
| 3. Koen MEYNEN | 0:36:28 |

1.	40	00:01:09		95m	12'06"/km
2.	48	00:00:35	00:01:44		
3.	138	00:00:38	00:02:22	113m	5'36"/km
4.	47	00:02:08	00:04:30	362m	5'54"/km
5.	113	00:00:27	00:04:57	54m	8'20"/km
6.	32	00:00:23	00:05:20	27m	14'12"/km
7.	114	00:00:36	00:05:56	92m	6'31"/km
8.	141	00:00:25	00:06:21	57m	7'19"/km
9.	33	00:02:03	00:08:24	306m	6'42"/km
10.	117	00:00:13	00:08:37	37m	5'51"/km
11.	118	00:00:31	00:09:08	35m	14'46"/km
12.	34	00:05:17	00:14:25	91m	58'04"/km
13.	35	00:00:53	00:15:18	145m	6'06"/km
14.	121	00:00:23	00:15:41	72m	5'19"/km
15.	122	00:00:00	00:15:41	30m	0'00"/km
16.	147	00:01:35	00:17:16	201m	7'53"/km
17.	148	00:00:33	00:17:49	83m	6'38"/km
18.	127	00:04:03	00:21:52	502m	8'04"/km
19.	128	00:03:29	00:25:21	368m	9'28"/km
20.	129	00:01:01	00:26:22	145m	7'01"/km
21.	123	00:02:25	00:28:47	325m	7'26"/km
22.	131	00:05:45	00:34:32	367m	15'40"/km
23.	36	00:01:13	00:35:45	54m	22'32"/km
24.	135	00:00:48	00:36:33	45m	17'47"/km
25.	37	00:02:14	00:38:47	74m	30'11"/km
26.	132	00:02:20	00:41:07	187m	12'29"/km
27.	31	00:00:27	00:41:34	64m	7'02"/km
28.	136	00:00:54	00:42:28	123m	7'19"/km
29.	999	00:00:21	00:42:49	62m	5'39"/km

Orienteering Software