

AOS #5 Brilschans

Berchem 8.5.2025

Antwerp Orienteers

Koen VAN DE ZANDE

Indiv.

Course : H:Lang

Distance : 5000m

Time : 0:39:32 (7'54"/km)

28/38

O.K.

[Full result on Webres](#)

1. Ruben GRIETENS	0:20:58
2. Brent VLEUGELS	0:21:34
3. Remco HEREIJGERS	0:22:08

1.	38	00:02:30		383m	6'32"/km
2.	42	00:01:14	00:03:44	130m	9'29"/km
3.	44	00:04:05	00:07:49	337m	12'07"/km
4.	36	00:00:38	00:08:27	83m	7'38"/km
5.	45	00:01:15	00:09:42	154m	8'07"/km
6.	46	00:00:57	00:10:39	93m	10'13"/km
7.	53	00:01:14	00:11:53	113m	10'55"/km
8.	35	00:00:55	00:12:48	82m	11'11"/km
9.	50	00:01:51	00:14:39	250m	7'24"/km
10.	51	00:00:27	00:15:06	66m	6'49"/km
11.	43	00:00:33	00:15:39	49m	11'13"/km
12.	37	00:00:41	00:16:20	65m	10'31"/km
13.	52	00:00:58	00:17:18	77m	12'33"/km
14.	47	00:02:55	00:20:13	387m	7'32"/km
15.	48	00:01:29	00:21:42	197m	7'32"/km
16.	57	00:01:59	00:23:41	101m	19'38"/km
17.	55	00:01:49	00:25:30	220m	8'15"/km
18.	41	00:00:52	00:26:22	88m	9'51"/km
19.	40	00:01:11	00:27:33	186m	6'22"/km
20.	39	00:00:49	00:28:22		
21.	56	00:00:50	00:29:12	58m	14'22"/km
22.	39	00:00:21	00:29:33	58m	6'02"/km
23.	32	00:01:40	00:31:13	170m	9'48"/km
24.	31	00:00:40	00:31:53	82m	8'08"/km
25.	54	00:01:16	00:33:09	88m	14'24"/km
26.	49	00:00:33	00:33:42	60m	9'10"/km
27.	34	00:00:55	00:34:37	83m	11'03"/km
28.	33	00:01:21	00:35:58	132m	10'14"/km
29.	999	00:03:34	00:39:32	114m	31'17"/km

Orienteering Software