



HOS-3

Katarinawijk 24.5.2025

Omega

Lars VERHAEGEN

Indiv.

Course : H:lang

Distance : 4980m

Time : 0:53:58 (10'50"/km)

31/40

O.K.

[Full result on Webres](#)

1. Mats DE SMUL	0:29:37
2. Frederik LOECKX	0:31:06
3. Rob VRANKEN	0:32:07

1.	78	00:01:53		251m	7'30"/km
2.	89	00:01:29	00:03:22	200m	7'25"/km
3.	73	00:01:35	00:04:57	218m	7'16"/km
4.	75	00:03:30	00:08:27	126m	27'47"/km
5.	74	00:02:23	00:10:50	208m	11'28"/km
6.	85	00:04:07	00:14:57	410m	10'02"/km
7.	86	00:01:22	00:16:19	145m	9'26"/km
8.	88	00:02:23	00:18:42	301m	7'55"/km
9.	72	00:02:22	00:21:04	256m	9'15"/km
10.	76	00:02:20	00:23:24	129m	18'05"/km
11.	71	00:01:50	00:25:14	203m	9'02"/km
12.	90	00:01:39	00:26:53	222m	7'26"/km
13.	77	00:01:51	00:28:44	199m	9'18"/km
14.	87	00:01:36	00:30:20	147m	10'53"/km
15.	92	00:03:56	00:34:16	214m	18'23"/km
16.	91	00:01:56	00:36:12	216m	8'57"/km
17.	71	00:02:01	00:38:13	260m	7'45"/km
18.	79	00:02:53	00:41:06	273m	10'34"/km
19.	80	00:03:16	00:44:22	233m	14'01"/km
20.	82	00:01:36	00:45:58	201m	7'58"/km
21.	81	00:04:00	00:49:58	157m	25'29"/km
22.	83	00:01:50	00:51:48	197m	9'18"/km
23.	84	00:01:55	00:53:43	167m	11'29"/km
24.	999	00:00:15	00:53:58	45m	5'33"/km

Orienteering Software