



HOS-3

Katarinawijk 24.5.2025

Omega

Laurens VERBOVEN

Indiv.

Course : H:lang

Distance : 4980m

Time : 0:45:13 (9'05"/km)

17/40

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	00:01:41		251m	6'42"/km
2.	89	00:01:27	00:03:08	200m	7'15"/km
3.	73	00:02:00	00:05:08	218m	9'10"/km
4.	75	00:00:54	00:06:02	126m	7'09"/km
5.	74	00:02:29	00:08:31	208m	11'56"/km
6.	85	00:02:57	00:11:28	410m	7'12"/km
7.	86	00:01:12	00:12:40	145m	8'17"/km
8.	88	00:02:18	00:14:58	301m	7'38"/km
9.	72	00:01:48	00:16:46	256m	7'02"/km
10.	76	00:01:40	00:18:26	129m	12'55"/km
11.	71	00:01:43	00:20:09	203m	8'27"/km
12.	90	00:01:36	00:21:45	222m	7'12"/km
13.	77	00:01:20	00:23:05	199m	6'42"/km
14.	87	00:00:56	00:24:01	147m	6'21"/km
15.	92	00:04:24	00:28:25	214m	20'34"/km
16.	91	00:01:48	00:30:13	216m	8'20"/km
17.	71	00:01:58	00:32:11	260m	7'34"/km
18.	79	00:02:23	00:34:34	273m	8'44"/km
19.	80	00:03:23	00:37:57	233m	14'31"/km
20.	82	00:01:54	00:39:51	201m	9'27"/km
21.	81	00:01:11	00:41:02	157m	7'32"/km
22.	83	00:01:42	00:42:44	197m	8'38"/km
23.	84	00:02:14	00:44:58	167m	13'22"/km
24.	999	00:00:15	00:45:13	45m	5'33"/km

Orienteering Software