



# NST Dagomlopen dag 3

## Schipsgat duinen 13.11.2022

### K.O.L.

**Kristel MERTENS**

Antwerp Orienteers

Omloop : D:LD

Afstand : 5110m

Tijd : 1:14:55 (14'40"/km)

2/4

O.K.

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|                   |         |
|-------------------|---------|
| 1. Sarah ROOMAN   | 0:58:35 |
| 3. Lucie DELCOURT | 1:24:45 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 234 | 00:01:06 |          | 72m  | 15'17"/km |
| 2.  | 148 | 00:02:29 | 00:03:35 | 128m | 19'24"/km |
| 3.  | 149 | 00:03:32 | 00:07:07 | 350m | 10'06"/km |
| 4.  | 121 | 00:01:58 | 00:09:05 | 223m | 8'49"/km  |
| 5.  | 122 | 00:01:30 | 00:10:35 | 150m | 10'00"/km |
| 6.  | 101 | 00:02:57 | 00:13:32 | 164m | 17'59"/km |
| 7.  | 118 | 00:03:49 | 00:17:21 | 315m | 12'07"/km |
| 8.  | 151 | 00:02:41 | 00:20:02 | 274m | 9'48"/km  |
| 9.  | 102 | 00:01:40 | 00:21:42 | 101m | 16'30"/km |
| 10. | 127 | 00:05:05 | 00:26:47 | 290m | 17'32"/km |
| 11. | 128 | 00:02:19 | 00:29:06 | 168m | 13'47"/km |
| 12. | 129 | 00:01:53 | 00:30:59 | 101m | 18'39"/km |
| 13. | 130 | 00:02:24 | 00:33:23 | 213m | 11'16"/km |
| 14. | 131 | 00:01:45 | 00:35:08 | 125m | 14'00"/km |
| 15. | 109 | 00:02:03 | 00:37:11 | 220m | 9'19"/km  |
| 16. | 160 | 00:05:49 | 00:43:00 | 207m | 28'06"/km |
| 17. | 108 | 00:01:18 | 00:44:18 | 115m | 11'18"/km |
| 18. | 161 | 00:03:16 | 00:47:34 | 210m | 15'33"/km |
| 19. | 105 | 00:03:13 | 00:50:47 | 266m | 12'06"/km |
| 20. | 138 | 00:09:26 | 01:00:13 | 512m | 18'25"/km |
| 21. | 139 | 00:01:39 | 01:01:52 | 128m | 12'53"/km |
| 22. | 141 | 00:03:39 | 01:05:31 | 265m | 13'46"/km |
| 23. | 152 | 00:05:49 | 01:11:20 | 171m | 34'01"/km |
| 24. | 153 | 00:02:25 | 01:13:45 | 223m | 10'50"/km |
| 25. | 220 | 00:01:03 | 01:14:48 | 77m  | 13'38"/km |
| 26. | 999 | 00:00:07 | 01:14:55 | 40m  | 2'55"/km  |

Orienteering Software