



City O Cup 1 - 2023
MEERHOUT 30.4.2023
K.O.L.

Adrie VAN OPSTAL

K.O.L.

Omloop : H:03

Afstand : 3980m

Tijd : 0:32:11 (8'05"/km)

4/20

O.K.

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- | | |
|--------------------|---------|
| 1. Guy TIREZ | 0:28:00 |
| 2. Stan DE CLERCQ | 0:31:43 |
| 3. Michel VAN LOON | 0:32:00 |

1.	169	00:03:23		518m	6'32"/km
2.	216	00:02:05	00:05:28	253m	8'14"/km
3.	167	00:01:27	00:06:55	241m	6'01"/km
4.	165	00:01:36	00:08:31	128m	12'30"/km
5.	177	00:05:04	00:13:35	561m	9'02"/km
6.	179	00:00:55	00:14:30	145m	6'19"/km
7.	186	00:03:44	00:18:14	391m	9'33"/km
8.	187	00:01:20	00:19:34	201m	6'38"/km
9.	188	00:00:00	00:19:34	82m	0'00"/km
10.	194	00:01:43	00:21:17	263m	6'32"/km
11.	197	00:01:54	00:23:11	47m	40'26"/km
12.	200	00:01:13	00:24:24	128m	9'30"/km
13.	201	00:01:20	00:25:44	204m	6'32"/km
14.	215	00:01:20	00:27:04	215m	6'12"/km
15.	192	00:01:05	00:28:09	109m	9'56"/km
16.	189	00:01:54	00:30:03	174m	10'55"/km
17.	200	00:01:09	00:31:12	117m	9'50"/km
18.	220	00:00:33	00:31:45	81m	6'47"/km
19.	999	00:00:26	00:32:11	75m	5'47"/km

Orienteering Software