

AOS #5 Mastvest

Antwerpen 4.5.2023

Antwerp Orienteers

Claudia ROOMAN

Antwerp Orienteers

Course : D:Lang

Distance : 5000m

Time : 0:25:09 (5'02"/km)

1/8

O.K.

[Full result on Webres](#)

2. Danielle DEWICKERE

0:25:11

3. Kim GOYSENS

0:32:35

1.	31	00:03:52	606m	6'23"/km
2.	32	00:01:02 00:04:54	181m	5'43"/km
3.	33	00:00:42 00:05:36	125m	5'36"/km
4.	34	00:00:51 00:06:27	124m	6'51"/km
5.	35	00:00:35 00:07:02	83m	7'02"/km
6.	36	00:00:29 00:07:31	81m	5'58"/km
7.	37	00:00:58 00:08:29	181m	5'20"/km
8.	38	00:02:00 00:10:29	345m	5'48"/km
9.	39	00:00:34 00:11:03	96m	5'54"/km
10.	40	00:00:43 00:11:46	120m	5'58"/km
11.	41	00:00:47 00:12:33	141m	5'33"/km
12.	42	00:01:29 00:14:02	240m	6'11"/km
13.	43	00:02:56 00:16:58	251m	11'41"/km
14.	44	00:01:39 00:18:37	265m	6'14"/km
15.	46	00:01:21 00:19:58	235m	5'45"/km
16.	45	00:01:56 00:21:54	299m	6'28"/km
17.	47	00:00:00 00:21:54	185m	0'00"/km
18.	51	00:00:37 00:22:31	134m	4'36"/km
19.	49	00:00:41 00:23:12	136m	5'01"/km
20.	50	00:00:59 00:24:11	161m	6'06"/km
21.	48	00:00:48 00:24:59	180m	4'27"/km
22.	999	00:00:10 00:25:09	34m	4'54"/km

Orienteering Software