

AOS #5 Mastvest

Antwerpen 4.5.2023

Antwerp Orienteers

Roland VAN LOON

hamok

Course : H:Lang

Distance : 5000m

Time : 0:22:32 (4'30"/km)

4/27

O.K.

[Full result on Webres](#)

1. Warre DE CUYPER	0:19:13
2. Adriaan PELCKMANS	0:21:13
3. Lok Hin MA	0:21:37

1.	31	00:03:24		606m	5'37"/km
2.	32	00:00:56	00:04:20	181m	5'09"/km
3.	33	00:00:43	00:05:03	125m	5'44"/km
4.	34	00:00:41	00:05:44	124m	5'31"/km
5.	35	00:00:27	00:06:11	83m	5'25"/km
6.	36	00:00:30	00:06:41	81m	6'10"/km
7.	37	00:01:02	00:07:43	181m	5'43"/km
8.	38	00:01:42	00:09:25	345m	4'56"/km
9.	39	00:00:36	00:10:01	96m	6'15"/km
10.	40	00:00:35	00:10:36	120m	4'52"/km
11.	41	00:00:41	00:11:17	141m	4'51"/km
12.	42	00:01:17	00:12:34	240m	5'21"/km
13.	43	00:02:29	00:15:03	251m	9'54"/km
14.	44	00:01:36	00:16:39	265m	6'02"/km
15.	46	00:01:10	00:17:49	235m	4'58"/km
16.	45	00:01:49	00:19:38	299m	6'05"/km
17.	47	00:00:00	00:19:38	185m	0'00"/km
18.	51	00:00:36	00:20:14	134m	4'29"/km
19.	49	00:00:36	00:20:50	136m	4'25"/km
20.	50	00:00:52	00:21:42	161m	5'23"/km
21.	48	00:00:42	00:22:24	180m	3'53"/km
22.	999	00:00:08	00:22:32	34m	3'55"/km

Orienteering Software