



ASOM 2023 - WRE & City Race

Ghent 20.8.2023

ASOM

Nathan LAWSON

IFK Lidingö

Course : M ELITE

Distance : 4300m

Time : 0:15:30 (3'36"/km)

38/115

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Tuomas HEIKKILÄ | 0:14:13 |
| 2. Yannick MICHIELS | 0:14:14 |
| 3. Adrien DELENNE | 0:14:23 |

1.	49	00:00:33		101m	5'27"/km
2.	53	00:00:14	00:00:47	66m	3'32"/km
3.	40	00:01:25	00:02:12	199m	7'07"/km
4.	34	00:02:40	00:04:52	542m	4'55"/km
5.	35	00:01:13	00:06:05	238m	5'07"/km
6.	151	00:00:52	00:06:57	183m	4'44"/km
7.	36	00:00:16	00:07:13	64m	4'10"/km
8.	37	00:00:28	00:07:41	59m	7'55"/km
9.	50	00:00:28	00:08:09	83m	5'37"/km
10.	51	00:00:20	00:08:29	65m	5'08"/km
11.	52	00:01:49	00:10:18	337m	5'23"/km
12.	33	00:00:38	00:10:56	105m	6'02"/km
13.	152	00:01:43	00:12:39	343m	5'00"/km
14.	47	00:00:37	00:13:16	180m	3'26"/km
15.	46	00:00:54	00:14:10	133m	6'46"/km
16.	45	00:00:28	00:14:38	99m	4'43"/km
17.	44	00:00:34	00:15:12	66m	8'35"/km
18.	43	00:00:08	00:15:20	32m	4'10"/km
19.	999	00:00:10	00:15:30	73m	2'17"/km

Orienteering Software