



ASOM 2023 - WRE & City Race

Ghent 20.8.2023

ASOM

Stephen GILMORE

Lagan Valley Orienteers

Course : M SUPERVET

Distance : 8460m

Time : 0:58:41 (6'56"/km)

18/45

O.K.

[Full result on Webres](#)

- | | |
|--------------------|---------|
| 1. Quentin HARDING | 0:42:16 |
| 2. Martin WARD | 0:44:44 |
| 3. Ian MAXWELL | 0:46:10 |

1.	37	00:04:08		472m	8'45"/km
2.	80	00:00:43	00:04:51	98m	7'19"/km
3.	82	00:04:44	00:09:35	572m	8'17"/km
4.	92	00:01:04	00:10:39	88m	12'07"/km
5.	40	00:02:31	00:13:10	306m	8'13"/km
6.	63	00:01:23	00:14:33	55m	25'09"/km
7.	62	00:02:58	00:17:31	374m	7'56"/km
8.	41	00:01:32	00:19:03	152m	10'05"/km
9.	68	00:01:02	00:20:05	69m	14'59"/km
10.	88	00:04:31	00:24:36		
11.	87	00:01:22	00:25:58	84m	16'16"/km
12.	88	00:00:49	00:26:47	84m	9'43"/km
13.	93	00:01:40	00:28:27	171m	9'45"/km
14.	89	00:04:25	00:32:52	412m	10'43"/km
15.	81	00:01:49	00:34:41	176m	10'19"/km
16.	54	00:01:07	00:35:48	48m	23'16"/km
17.	55	00:02:04	00:37:52	148m	13'58"/km
18.	57	00:02:33	00:40:25	336m	7'35"/km
19.	52	00:02:51	00:43:16	307m	9'17"/km
20.	33	00:01:13	00:44:29	105m	11'35"/km
21.	90	00:04:31	00:49:00	542m	8'20"/km
22.	94	00:03:16	00:52:16	159m	20'33"/km
23.	72	00:00:31	00:52:47	63m	8'12"/km
24.	69	00:01:34	00:54:21	150m	10'27"/km
25.	71	00:00:37	00:54:58	74m	8'20"/km
26.	45	00:02:52	00:57:50	285m	10'04"/km
27.	43	00:00:35	00:58:25	72m	8'06"/km
28.	999	00:00:16	00:58:41	73m	3'39"/km

Orienteering Software