



# Nationale lang Sonnis - Kelchterhoef

## HOUTHALEN 1.10.2023

### K.O.L.

**Thor DE MITS**

TROL

Omloop : H-16

Afstand : 7590m

Tijd : 1:07:29 (8'53"/km)

**5/7**

O.K.

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|                    |         |
|--------------------|---------|
| 1. Thomas JANSEN   | 0:49:14 |
| 2. Bob DE CLEENE   | 1:03:06 |
| 3. Victor BROUWIER | 1:04:34 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 171 | 00:02:28 |          | 269m | 9'10"/km  |
| 2.  | 127 | 00:01:57 | 00:04:25 |      |           |
| 3.  | 128 | 00:02:24 | 00:06:49 |      |           |
| 4.  | 193 | 00:03:16 | 00:10:05 | 417m | 7'50"/km  |
| 5.  | 172 | 00:03:54 | 00:13:59 | 433m | 9'00"/km  |
| 6.  | 180 | 00:02:28 | 00:16:27 | 199m | 12'24"/km |
| 7.  | 148 | 00:10:10 | 00:26:37 | 960m | 10'35"/km |
| 8.  | 138 | 00:03:26 | 00:30:03 | 406m | 8'27"/km  |
| 9.  | 110 | 00:01:40 | 00:31:43 | 222m | 7'30"/km  |
| 10. | 164 | 00:03:33 | 00:35:16 | 473m | 7'30"/km  |
| 11. | 165 | 00:03:30 | 00:38:46 | 283m | 12'22"/km |
| 12. | 136 | 00:03:13 | 00:41:59 | 410m | 7'51"/km  |
| 13. | 176 | 00:04:04 | 00:46:03 | 479m | 8'29"/km  |
| 14. | 166 | 00:04:02 | 00:50:05 | 310m | 13'01"/km |
| 15. | 173 | 00:06:33 | 00:56:38 | 819m | 8'00"/km  |
| 16. | 188 | 00:02:43 | 00:59:21 | 372m | 7'18"/km  |
| 17. | 170 | 00:02:25 | 01:01:46 | 326m | 7'25"/km  |
| 18. | 192 | 00:02:28 | 01:04:14 | 302m | 8'10"/km  |
| 19. | 145 | 00:01:13 | 01:05:27 | 175m | 6'57"/km  |
| 20. | 200 | 00:01:16 | 01:06:43 | 160m | 7'55"/km  |
| 21. | 999 | 00:00:46 | 01:07:29 | 229m | 3'21"/km  |

Orienteering Software