



Nationale Lang - SOFT

ZWARTE WEG - LEOPOLDSBURG 3.3.2024

K.O.L.

Alistair FRONHOFFS

ASUB

Omloop : H50

Afstand : 7150m

Tijd : 1:06:36 (9'19"/km)

13/18

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Alain MAZY | 0:48:42 |
| 2. Guido LENGES | 0:51:23 |
| 3. Ronny TIMMERS | 0:51:40 |

1.	153	00:01:48		195m	9'14"/km
2.	200	00:01:51	00:03:39	244m	7'35"/km
3.	201	00:11:30	00:15:09	1062m	10'50"/km
4.	199	00:04:08	00:19:17	471m	8'47"/km
5.	197	00:03:20	00:22:37	531m	6'17"/km
6.	196	00:05:42	00:28:19	543m	10'30"/km
7.	195	00:03:56	00:32:15	174m	22'36"/km
8.	216	00:02:08	00:34:23	187m	11'24"/km
9.	227	00:04:20	00:38:43	560m	7'44"/km
10.	170	00:02:41	00:41:24	194m	13'50"/km
11.	171	00:01:38	00:43:02	208m	7'51"/km
12.	167	00:03:00	00:46:02	346m	8'40"/km
13.	214	00:03:04	00:49:06	191m	16'03"/km
14.	213	00:03:02	00:52:08	316m	9'36"/km
15.	180	00:03:39	00:55:47	445m	8'12"/km
16.	207	00:02:00	00:57:47	259m	7'43"/km
17.	151	00:04:30	01:02:17	570m	7'54"/km
18.	204	00:03:17	01:05:34	440m	7'28"/km
19.	220	00:00:41	01:06:15	84m	8'08"/km
20.	999	00:00:21	01:06:36	128m	2'44"/km

Orienteering Software