



## Nazomerloop - Hofstade

Hofstade 29.9.2021

Omega

### Steffen KNOOPS

hamok

Omloop : H:01

Afstand : 5790m

Tijd : 0:56:22 (9'44"/km)

9/12

O.K.

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|                    |         |
|--------------------|---------|
| 1. Lennert LENS    | 0:38:12 |
| 2. Noël NIJSTEN    | 0:41:39 |
| 3. Eric VANDEBROEK | 0:42:45 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 71  | 00:01:59 |          | 249m | 7'58"/km  |
| 2.  | 72  | 00:01:17 | 00:03:16 | 70m  | 18'20"/km |
| 3.  | 73  | 00:01:25 | 00:04:41 | 122m | 11'37"/km |
| 4.  | 74  | 00:01:34 | 00:06:15 | 83m  | 18'53"/km |
| 5.  | 75  | 00:02:24 | 00:08:39 | 329m | 7'18"/km  |
| 6.  | 77  | 00:02:45 | 00:11:24 | 254m | 10'50"/km |
| 7.  | 78  | 00:03:23 | 00:14:47 | 329m | 10'17"/km |
| 8.  | 79  | 00:03:17 | 00:18:04 | 251m | 13'05"/km |
| 9.  | 97  | 00:01:58 | 00:20:02 | 272m | 7'14"/km  |
| 10. | 96  | 00:00:53 | 00:20:55 | 143m | 6'11"/km  |
| 11. | 80  | 00:03:27 | 00:24:22 | 498m | 6'56"/km  |
| 12. | 82  | 00:01:16 | 00:25:38 | 144m | 8'48"/km  |
| 13. | 81  | 00:02:16 | 00:27:54 | 105m | 21'35"/km |
| 14. | 83  | 00:01:06 | 00:29:00 | 170m | 6'28"/km  |
| 15. | 84  | 00:02:11 | 00:31:11 | 205m | 10'39"/km |
| 16. | 85  | 00:01:53 | 00:33:04 | 239m | 7'53"/km  |
| 17. | 86  | 00:02:20 | 00:35:24 | 232m | 10'03"/km |
| 18. | 90  | 00:01:19 | 00:36:43 | 128m | 10'17"/km |
| 19. | 91  | 00:01:47 | 00:38:30 | 137m | 13'01"/km |
| 20. | 92  | 00:04:15 | 00:42:45 | 416m | 10'13"/km |
| 21. | 87  | 00:04:18 | 00:47:03 | 341m | 12'37"/km |
| 22. | 95  | 00:02:35 | 00:49:38 | 222m | 11'38"/km |
| 23. | 94  | 00:02:26 | 00:52:04 | 400m | 6'05"/km  |
| 24. | 100 | 00:03:21 | 00:55:25 | 308m | 10'53"/km |
| 25. | 999 | 00:00:57 | 00:56:22 | 140m | 6'47"/km  |

Orienteering Software