

Lenteloop Ekeren

Ekeren 27.4.2022

Antwerp Orienteers

Lennert LENS

hamok

Omloop : H:1

Afstand : 5580m

Tijd : 0:30:45 (5'31"/km)

2/21

O.K.

[Volledige uitslagen op Webres](#)

1. Remco HEREIJGERS	0:28:44
3. Ruben GRIETENS	0:31:24

1.	47	00:00:34		107m	5'18"/km
2.	48	00:00:27	00:01:01	113m	3'59"/km
3.	49	00:00:31	00:01:32	95m	5'26"/km
4.	50	00:01:41	00:03:13	354m	4'45"/km
5.	51	00:00:40	00:03:53	143m	4'40"/km
6.	52	00:00:44	00:04:37	147m	4'59"/km
7.	53	00:00:59	00:05:36	248m	3'58"/km
8.	62	00:00:42	00:06:18	134m	5'13"/km
9.	57	00:03:56	00:10:14	304m	12'56"/km
10.	54	00:02:32	00:12:46	453m	5'36"/km
11.	33	00:02:44	00:15:30	588m	4'39"/km
12.	34	00:01:00	00:16:30	90m	11'07"/km
13.	35	00:01:01	00:17:31	157m	6'29"/km
14.	38	00:01:20	00:18:51	244m	5'28"/km
15.	37	00:00:30	00:19:21	81m	6'10"/km
16.	36	00:00:26	00:19:47	84m	5'10"/km
17.	33	00:00:50	00:20:37	176m	4'44"/km
18.	58	00:00:24	00:21:01	70m	5'43"/km
19.	44	00:00:40	00:21:41	135m	4'56"/km
20.	32	00:00:48	00:22:29	128m	6'15"/km
21.	59	00:00:57	00:23:26	214m	4'26"/km
22.	33	00:00:29	00:23:55	91m	5'19"/km
23.	40	00:00:50	00:24:45	163m	5'07"/km
24.	43	00:01:09	00:25:54	129m	8'55"/km
25.	42	00:00:29	00:26:23	103m	4'42"/km
26.	41	00:00:42	00:27:05	176m	3'59"/km
27.	60	00:00:33	00:27:38	131m	4'12"/km
28.	31	00:01:29	00:29:07	323m	4'36"/km
29.	61	00:00:37	00:29:44	147m	4'12"/km
30.	45	00:00:36	00:30:20	96m	6'15"/km
31.	56	00:00:12	00:30:32	53m	3'46"/km
32.	999	00:00:13	00:30:45	66m	3'17"/km