



**City O cup 3**  
**BERINGEN MIJN 6.6.2022**  
**K.O.L.**

**Adrie VAN OPSTAL**

K.O.L.

Omloop : H:04

Afstand : 3120m

Tijd : 0:25:59 (8'20"/km)

**3/15**

O.K.

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- |                   |         |
|-------------------|---------|
| 1. Pierre WILLEMS | 0:24:32 |
| 2. Thomas JANSEN  | 0:24:57 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 209 | 00:01:43 |          | 249m | 6'54"/km  |
| 2.  | 164 | 00:01:01 | 00:02:44 | 108m | 9'25"/km  |
| 3.  | 182 | 00:01:47 | 00:04:31 | 267m | 6'41"/km  |
| 4.  | 183 | 00:01:00 | 00:05:31 | 103m | 9'43"/km  |
| 5.  | 181 | 00:00:32 | 00:06:03 | 72m  | 7'24"/km  |
| 6.  | 210 | 00:01:40 | 00:07:43 | 91m  | 18'19"/km |
| 7.  | 200 | 00:01:07 | 00:08:50 | 153m | 7'18"/km  |
| 8.  | 199 | 00:00:00 | 00:08:50 | 41m  | 0'00"/km  |
| 9.  | 193 | 00:01:07 | 00:09:57 | 178m | 6'16"/km  |
| 10. | 195 | 00:02:28 | 00:12:25 | 147m | 16'47"/km |
| 11. | 184 | 00:01:39 | 00:14:04 | 113m | 14'36"/km |
| 12. | 191 | 00:01:55 | 00:15:59 | 259m | 7'24"/km  |
| 13. | 214 | 00:03:51 | 00:19:50 | 524m | 7'21"/km  |
| 14. | 206 | 00:01:59 | 00:21:49 | 311m | 6'23"/km  |
| 15. | 159 | 00:01:44 | 00:23:33 | 79m  | 21'56"/km |
| 16. | 201 | 00:01:52 | 00:25:25 | 323m | 5'47"/km  |
| 17. | 999 | 00:00:34 | 00:25:59 | 99m  | 5'43"/km  |

Orienteering Software