

VK Aflossing Dagomlopen

Sint Anna Linkeroever 12.6.2022

Antwerp Orienteers

Jan VAN DER ELST

Omega

Omloop : H:Long Difficult

Afstand : 4540m

Tijd : 0:42:24 (9'20"/km)

6/10

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------------|---------|
| 1. Nikita GOLOVIZIN | 0:29:03 |
| 2. Jorran VAN DER HEIJDEN | 0:32:10 |
| 3. Jan CAPPAERT | 0:36:01 |

1.	78	00:01:57		288m	6'46"/km
2.	52	00:00:49	00:02:46	162m	5'02"/km
3.	79	00:01:26	00:04:12	160m	8'58"/km
4.	51	00:01:17	00:05:29	95m	13'31"/km
5.	50	00:00:19	00:05:48	46m	6'53"/km
6.	54	00:03:00	00:08:48	518m	5'47"/km
7.	33	00:00:19	00:09:07	60m	5'17"/km
8.	34	00:00:30	00:09:37	80m	6'15"/km
9.	35	00:00:24	00:10:01	37m	10'49"/km
10.	59	00:01:49	00:11:50	243m	7'29"/km
11.	58	00:00:19	00:12:09	38m	8'20"/km
12.	38	00:00:49	00:12:58	117m	6'59"/km
13.	74	00:00:43	00:13:41	125m	5'44"/km
14.	47	00:00:38	00:14:19	95m	6'40"/km
15.	40	00:00:44	00:15:03	73m	10'03"/km
16.	46	00:01:20	00:16:23	155m	8'36"/km
17.	66	00:02:18	00:18:41	326m	7'03"/km
18.	45	00:01:52	00:20:33	231m	8'05"/km
19.	71	00:01:02	00:21:35	146m	7'05"/km
20.	68	00:00:36	00:22:11	72m	8'20"/km
21.	67	00:03:22	00:25:33	251m	13'25"/km
22.	64	00:04:02	00:29:35	192m	21'00"/km
23.	72	00:00:52	00:30:27	114m	7'36"/km
24.	44	00:00:32	00:30:59	58m	9'12"/km
25.	39	00:01:00	00:31:59	136m	7'21"/km
26.	42	00:05:25	00:37:24	82m	66'03"/km
27.	85	00:00:25	00:37:49	68m	6'08"/km
28.	62	00:01:08	00:38:57	177m	6'24"/km
29.	77	00:00:56	00:39:53	142m	6'34"/km
30.	49	00:01:13	00:41:06	125m	9'44"/km
31.	57	00:00:24	00:41:30	81m	4'56"/km
32.	999	00:00:54	00:42:24	47m	19'09"/km