



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Lutgart VANHEES

K.O.L.

Omloop : D:05

Afstand : 3680m

Tijd : 0:55:17 (15'01"/km)

3/13

O.K.

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- | | |
|-------------|---------|
| 1. Els PUT | 0:41:56 |
| 2. An NUYTS | 0:47:59 |

1.	109	00:03:28		188m	18'26"/km
2.	101	00:02:58	00:06:26	196m	15'08"/km
3.	117	00:03:00	00:09:26	270m	11'07"/km
4.	114	00:01:47	00:11:13	115m	15'30"/km
5.	118	00:01:33	00:12:46	112m	13'50"/km
6.	120	00:02:38	00:15:24	252m	10'27"/km
7.	121	00:02:07	00:17:31	163m	12'59"/km
8.	125	00:04:43	00:22:14	319m	14'47"/km
9.	130	00:09:17	00:31:31	487m	19'04"/km
10.	132	00:04:16	00:35:47	352m	12'07"/km
11.	158	00:04:16	00:40:03	381m	11'12"/km
12.	162	00:08:54	00:48:57	361m	24'39"/km
13.	164	00:03:51	00:52:48	251m	15'20"/km
14.	220	00:01:34	00:54:22	148m	10'35"/km
15.	999	00:00:55	00:55:17	89m	10'18"/km

HELGA Orienteering Software