



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Noor DE MITS

TROL

Omloop : D:05

Afstand : 3680m

Tijd : 0:57:05 (15'31"/km)

5/13

O.K.

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|--------------------|---------|
| 1. Els PUT | 0:41:56 |
| 2. An NUYTS | 0:47:59 |
| 3. Lutgart VANHEES | 0:55:17 |

1.	109	00:03:26		188m	18'16"/km
2.	101	00:02:05	00:05:31	196m	10'38"/km
3.	117	00:04:57	00:10:28	270m	18'20"/km
4.	114	00:01:39	00:12:07	115m	14'21"/km
5.	118	00:01:25	00:13:32	112m	12'39"/km
6.	120	00:04:20	00:17:52	252m	17'12"/km
7.	121	00:02:00	00:19:52	163m	12'16"/km
8.	125	00:04:47	00:24:39	319m	15'00"/km
9.	130	00:06:32	00:31:11	487m	13'25"/km
10.	132	00:04:21	00:35:32	352m	12'21"/km
11.	158	00:04:15	00:39:47	381m	11'09"/km
12.	162	00:04:54	00:44:41	361m	13'34"/km
13.	164	00:10:42	00:55:23	251m	42'38"/km
14.	220	00:01:11	00:56:34	148m	8'00"/km
15.	999	00:00:31	00:57:05	89m	5'48"/km

Orienteering Software