



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Jan VANHOUT

K.O.L.

Omloop : H:02

Afstand : 7340m

Tijd : 1:53:36 (15'29"/km)

19/21

O.K.

[Volledige uitslagen op Webres](#)

1.	Guido LENGES	1:01:53
2.	Roland VAN LOON	1:03:01
2.	Dirk GOOSSENS	1:03:01

1.	104	00:01:53		76m	24'47"/km
2.	108	00:01:37	00:03:30	148m	10'55"/km
3.	115	00:04:17	00:07:47	415m	10'19"/km
4.	118	00:03:34	00:11:21	95m	37'33"/km
5.	127	00:10:55	00:22:16	447m	24'25"/km
6.	125	00:05:17	00:27:33	215m	24'34"/km
7.	133	00:10:27	00:38:00	1024m	10'12"/km
8.	136	00:05:44	00:43:44	587m	9'46"/km
9.	139	00:02:47	00:46:31	210m	13'15"/km
10.	142	00:14:36	01:01:07	181m	80'40"/km
11.	145	00:05:43	01:06:50	255m	22'25"/km
12.	133	00:04:18	01:11:08	474m	9'04"/km
13.	150	00:09:09	01:20:17	577m	15'51"/km
14.	146	00:03:28	01:23:45	259m	13'23"/km
15.	149	00:02:43	01:26:28	141m	19'16"/km
16.	156	00:04:41	01:31:09	423m	11'04"/km
17.	133	00:03:09	01:34:18	288m	10'56"/km
18.	132	00:04:53	01:39:11	364m	13'25"/km
19.	158	00:05:20	01:44:31	381m	14'00"/km
20.	162	00:04:49	01:49:20	361m	13'21"/km
21.	220	00:03:42	01:53:02	335m	11'03"/km
22.	999	00:00:34	01:53:36	89m	6'22"/km

Orienteering Software