



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Herman PRUMMEL

KOVZ

Omloop : H:03

Afstand : 5880m

Tijd : 1:03:54 (10'52"/km)

18/40

O.K.

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- | | |
|-------------------------|---------|
| 1. Roel VAN DE MOORTELE | 0:48:22 |
| 2. Andre DE VEIRMAN | 0:48:44 |
| 3. Luc MELIS | 0:49:35 |

1.	110	00:06:23		316m	20'12"/km
2.	111	00:00:38	00:07:01	83m	7'38"/km
3.	117	00:02:01	00:09:02	142m	14'12"/km
4.	118	00:01:49	00:10:51	123m	14'46"/km
5.	120	00:02:34	00:13:25	252m	10'11"/km
6.	123	00:03:06	00:16:31	325m	9'32"/km
7.	131	00:03:49	00:20:20	426m	8'58"/km
8.	145	00:05:18	00:25:38	511m	10'22"/km
9.	140	00:04:08	00:29:46	294m	14'04"/km
10.	138	00:02:17	00:32:03	223m	10'14"/km
11.	133	00:03:53	00:35:56	483m	8'02"/km
12.	155	00:02:35	00:38:31	246m	10'30"/km
13.	163	00:07:42	00:46:13	864m	8'55"/km
14.	172	00:03:28	00:49:41	323m	10'44"/km
15.	171	00:04:41	00:54:22	381m	12'18"/km
16.	168	00:03:06	00:57:28	218m	14'13"/km
17.	165	00:02:53	01:00:21	282m	10'13"/km
18.	220	00:03:04	01:03:25	303m	10'07"/km
19.	999	00:00:29	01:03:54	89m	5'26"/km

Orienteering Software