



Forest cup Hechtelse Duinen Oost

Hechtel 2.10.2022

K.O.L.

Frederik NUYTS

K.O.L.

Omloop : H:05

Afstand : 3680m

Tijd : 0:55:03 (14'58"/km)

8/22

O.K.

[Volledige uitslagen op Webres](#)

1.	Alfred SIMKENS	0:36:39
2.	Frans WENS	0:40:09
3.	Rogier VANAKEN	0:41:53

1.	109	00:03:43		188m	19'46"/km
2.	101	00:02:48	00:06:31	196m	14'17"/km
3.	117	00:02:58	00:09:29	270m	10'59"/km
4.	114	00:01:43	00:11:12	115m	14'56"/km
5.	118	00:01:39	00:12:51	112m	14'44"/km
6.	120	00:02:25	00:15:16	252m	9'35"/km
7.	121	00:02:04	00:17:20	163m	12'41"/km
8.	125	00:04:52	00:22:12	319m	15'15"/km
9.	130	00:09:15	00:31:27	487m	19'00"/km
10.	132	00:04:25	00:35:52	352m	12'33"/km
11.	158	00:04:08	00:40:00	381m	10'51"/km
12.	162	00:08:40	00:48:40	361m	24'00"/km
13.	164	00:04:22	00:53:02	251m	17'24"/km
14.	220	00:01:23	00:54:25	148m	9'21"/km
15.	999	00:00:38	00:55:03	89m	7'07"/km

HELGA
Orienteering Software