



## Lenteloop Westerwijk

Son 21.6.2023

KOVZ

**Jorran VAN DER HEIJDEN**

TROL

Omloop : H:02

Afstand : 4850m

Tijd : 0:48:53 (10'05"/km)

**2/14**

O.K.

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- |                    |         |
|--------------------|---------|
| 1. Roland VAN LOON | 0:45:53 |
| 3. Steven JOCHEMS  | 0:57:39 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 125 | 00:01:46 |          | 227m | 7'47"/km  |
| 2.  | 102 | 00:01:15 | 00:03:01 | 138m | 9'03"/km  |
| 3.  | 103 | 00:02:50 | 00:05:51 | 321m | 8'50"/km  |
| 4.  | 104 | 00:01:32 | 00:07:23 | 145m | 10'34"/km |
| 5.  | 109 | 00:02:32 | 00:09:55 | 309m | 8'12"/km  |
| 6.  | 108 | 00:02:30 | 00:12:25 | 235m | 10'38"/km |
| 7.  | 107 | 00:01:43 | 00:14:08 | 186m | 9'14"/km  |
| 8.  | 110 | 00:04:13 | 00:18:21 | 287m | 14'42"/km |
| 9.  | 120 | 00:04:01 | 00:22:22 | 441m | 9'06"/km  |
| 10. | 113 | 00:02:12 | 00:24:34 | 278m | 7'55"/km  |
| 11. | 114 | 00:01:47 | 00:26:21 | 218m | 8'11"/km  |
| 12. | 115 | 00:01:58 | 00:28:19 | 176m | 11'10"/km |
| 13. | 117 | 00:04:37 | 00:32:56 | 348m | 13'16"/km |
| 14. | 121 | 00:01:32 | 00:34:28 | 145m | 10'34"/km |
| 15. | 118 | 00:03:17 | 00:37:45 | 249m | 13'11"/km |
| 16. | 119 | 00:01:41 | 00:39:26 | 164m | 10'16"/km |
| 17. | 117 | 00:02:29 | 00:41:55 | 302m | 8'13"/km  |
| 18. | 116 | 00:01:47 | 00:43:42 | 210m | 8'30"/km  |
| 19. | 124 | 00:04:38 | 00:48:20 |      |           |
| 20. | 999 | 00:00:33 | 00:48:53 | 104m | 5'17"/km  |

Orienteering Software