



## 4 days of Limburg - Day 4

Zandberg 15.8.2023

Omega

**Ulrike KORFF**

SC Achmer

Omloop : W60

Afstand : 4190m

Tijd : 1:02:01 (14'48"/km)

2/25

O.K.

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|                     |         |
|---------------------|---------|
| 1. Chris BROWN      | 1:01:37 |
| 3. Isabelle DERMINE | 1:03:19 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 170 | 00:04:47 |          | 289m | 16'33"/km |
| 2.  | 172 | 00:03:15 | 00:08:02 | 239m | 13'36"/km |
| 3.  | 133 | 00:06:25 | 00:14:27 | 538m | 11'56"/km |
| 4.  | 173 | 00:02:21 | 00:16:48 | 141m | 16'40"/km |
| 5.  | 175 | 00:03:21 | 00:20:09 | 170m | 19'42"/km |
| 6.  | 176 | 00:09:17 | 00:29:26 | 410m | 22'39"/km |
| 7.  | 135 | 00:07:02 | 00:36:28 | 334m | 21'03"/km |
| 8.  | 165 | 00:06:15 | 00:42:43 | 417m | 14'59"/km |
| 9.  | 156 | 00:02:32 | 00:45:15 | 194m | 13'04"/km |
| 10. | 132 | 00:00:56 | 00:46:11 | 84m  | 11'07"/km |
| 11. | 178 | 00:02:39 | 00:48:50 | 134m | 19'47"/km |
| 12. | 137 | 00:02:33 | 00:51:23 | 229m | 11'08"/km |
| 13. | 171 | 00:04:43 | 00:56:06 | 340m | 13'52"/km |
| 14. | 139 | 00:03:00 | 00:59:06 | 211m | 14'13"/km |
| 15. | 100 | 00:02:20 | 01:01:26 | 263m | 8'52"/km  |
| 16. | 999 | 00:00:35 | 01:02:01 | 159m | 3'40"/km  |

Orienteering Software