



**Regionale City - O**  
**VORSELAAR 2.9.2023**  
**K.O.L.**

**Nicole VAN DE CRUYS**

K.O.L.

Omloop : D:04

Afstand : 3050m

Tijd : 0:57:41 (18'55"/km)

**5/7**

O.K.

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- |                    |         |
|--------------------|---------|
| 1. Monica ROELING  | 0:33:32 |
| 2. Lieve GEENS     | 0:34:56 |
| 3. Cindy VAN HERCK | 0:51:07 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 101 | 00:10:30 |          | 182m | 57'42"/km |
| 2.  | 102 | 00:01:24 | 00:11:54 | 90m  | 15'33"/km |
| 3.  | 105 | 00:01:53 | 00:13:47 | 112m | 16'49"/km |
| 4.  | 103 | 00:01:46 | 00:15:33 | 161m | 10'58"/km |
| 5.  | 115 | 00:03:44 | 00:19:17 | 295m | 12'39"/km |
| 6.  | 119 | 00:04:59 | 00:24:16 | 281m | 17'44"/km |
| 7.  | 120 | 00:01:26 | 00:25:42 | 103m | 13'55"/km |
| 8.  | 121 | 00:00:16 | 00:25:58 | 25m  | 10'40"/km |
| 9.  | 123 | 00:01:40 | 00:27:38 | 137m | 12'10"/km |
| 10. | 124 | 00:02:17 | 00:29:55 | 162m | 14'06"/km |
| 11. | 126 | 00:03:21 | 00:33:16 | 174m | 19'15"/km |
| 12. | 132 | 00:05:39 | 00:38:55 | 246m | 22'58"/km |
| 13. | 133 | 00:04:13 | 00:43:08 | 113m | 37'19"/km |
| 14. | 135 | 00:04:46 | 00:47:54 | 316m | 15'05"/km |
| 15. | 136 | 00:03:53 | 00:51:47 | 217m | 17'54"/km |
| 16. | 147 | 00:02:04 | 00:53:51 | 135m | 15'19"/km |
| 17. | 142 | 00:02:03 | 00:55:54 | 142m | 14'26"/km |
| 18. | 200 | 00:01:02 | 00:56:56 | 79m  | 13'05"/km |
| 19. | 999 | 00:00:45 | 00:57:41 | 78m  | 9'37"/km  |

Orienteering Software