

# AOS #12 Borgerhout

## Antwerpen 7.12.2023

### Antwerp Orienteers

**Ruben GRIETENS**

Antwerp Orienteers

Course : H:Lang

Distance : 4730m

Time : 0:20:51 (4'24"/km)

**1/22**

O.K.

[Full result on Webres](#)

2. Brent VLEUGELS

0:22:13

3. Joel LEISTRA

0:25:35

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 31  | 00:00:40 |          | 152m | 4'23"/km  |
| 2.  | 32  | 00:01:53 | 00:02:33 | 338m | 5'34"/km  |
| 3.  | 37  | 00:02:32 | 00:05:05 | 479m | 5'17"/km  |
| 4.  | 38  | 00:02:30 | 00:07:35 | 465m | 5'23"/km  |
| 5.  | 33  | 00:00:37 | 00:08:12 | 131m | 4'42"/km  |
| 6.  | 34  | 00:01:39 | 00:09:51 | 44m  | 37'30"/km |
| 7.  | 35  | 00:00:39 | 00:10:30 | 83m  | 7'50"/km  |
| 8.  | 39  | 00:01:02 | 00:11:32 | 192m | 5'23"/km  |
| 9.  | 40  | 00:01:35 | 00:13:07 | 303m | 5'14"/km  |
| 10. | 41  | 00:00:48 | 00:13:55 | 127m | 6'18"/km  |
| 11. | 42  | 00:00:22 | 00:14:17 | 76m  | 4'49"/km  |
| 12. | 43  | 00:00:25 | 00:14:42 | 71m  | 5'52"/km  |
| 13. | 44  | 00:00:30 | 00:15:12 | 110m | 4'33"/km  |
| 14. | 45  | 00:00:54 | 00:16:06 | 161m | 5'35"/km  |
| 15. | 46  | 00:01:24 | 00:17:30 | 101m | 13'52"/km |
| 16. | 47  | 00:01:31 | 00:19:01 | 225m | 6'44"/km  |
| 17. | 48  | 00:01:10 | 00:20:11 | 259m | 4'30"/km  |
| 18. | 49  | 00:00:24 | 00:20:35 | 96m  | 4'10"/km  |
| 19. | 999 | 00:00:16 | 00:20:51 | 90m  | 2'58"/km  |

Orienteering Software