



Militair Regelmatigheidscriterium

Tilff 6.2.2024

CC R&A

Lieke VAN OPSTAL

KOL

Omloop : D:05

Afstand : 5400m

Tijd : 1:02:08 (11'30"/km)

2/8

O.K.

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- | | |
|----------------------------|---------|
| 1. Marieke ADDIERS | 1:01:17 |
| 3. Bernadette VANDERMEULEN | 1:39:54 |

1.	179	00:03:21			
2.	165	00:01:43	00:05:04	167m	10'17"/km
3.	143	00:02:28	00:07:32	240m	10'17"/km
4.	166	00:01:14	00:08:46	91m	13'33"/km
5.	144	00:05:49	00:14:35	263m	22'07"/km
6.	145	00:05:19	00:19:54	539m	9'52"/km
7.	146	00:02:49	00:22:43	268m	10'31"/km
8.	147	00:04:26	00:27:09	279m	15'53"/km
9.	148	00:02:52	00:30:01	165m	17'22"/km
10.	170	00:04:24	00:34:25	474m	9'17"/km
11.	149	00:01:19	00:35:44	78m	16'53"/km
12.	150	00:04:23	00:40:07	412m	10'38"/km
13.	151	00:02:34	00:42:41	329m	7'48"/km
14.	152	00:01:57	00:44:38	163m	11'58"/km
15.	153	00:06:08	00:50:46	341m	17'59"/km
16.	154	00:03:17	00:54:03	284m	11'34"/km
17.	110	00:02:03	00:56:06	256m	8'00"/km
18.	180	00:01:52	00:57:58	313m	5'58"/km

Orienteering Software