



## 4 days of Limburg - Day 4

Zandberg 15.8.2023

Omega

**Christa ZWIKKER**

KOVZ

Omloop : W70

Afstand : 3140m

Tijd : 1:10:36 (22'29"/km)

**6/14**

O.K.

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- |                      |         |
|----------------------|---------|
| 1. Lisette EYKMANS   | 0:45:43 |
| 2. Christine KIDDIER | 0:51:19 |
| 3. Paulette BLOMMEN  | 0:53:17 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 160 | 00:03:10 |          | 147m | 21'33"/km |
| 2.  | 171 | 00:06:49 | 00:09:59 | 369m | 18'28"/km |
| 3.  | 168 | 00:09:55 | 00:19:54 | 246m | 40'19"/km |
| 4.  | 144 | 00:06:24 | 00:26:18 | 350m | 18'17"/km |
| 5.  | 136 | 00:04:28 | 00:30:46 | 245m | 18'14"/km |
| 6.  | 143 | 00:03:49 | 00:34:35 | 189m | 20'12"/km |
| 7.  | 167 | 00:04:11 | 00:38:46 | 174m | 24'03"/km |
| 8.  | 156 | 00:03:14 | 00:42:00 | 145m | 22'18"/km |
| 9.  | 133 | 00:08:02 | 00:50:02 | 250m | 32'08"/km |
| 10. | 147 | 00:03:05 | 00:53:07 | 189m | 16'19"/km |
| 11. | 139 | 00:11:21 | 01:04:28 | 373m | 30'26"/km |
| 12. | 100 | 00:05:10 | 01:09:38 | 263m | 19'39"/km |
| 13. | 999 | 00:00:58 | 01:10:36 | 159m | 6'05"/km  |

HELGA

Orienteering Software