



4 days of Limburg - Day 4

Zandberg 15.8.2023

Omega

Rudy ROOMAN

Antwerp Orienteers

Omloop : M50

Afstand : 7220m

Tijd : 1:20:28 (11'09"/km)

5/24

O.K.

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- | | |
|---------------------|---------|
| 1. Gérald SOUWEINE | 1:13:53 |
| 2. Donald VAN BOVEN | 1:14:54 |
| 3. Lars DANIELSON | 1:15:53 |

1.	124	00:06:51		538m	12'44"/km
2.	188	00:06:46	00:13:37	683m	9'54"/km
3.	185	00:02:12	00:15:49	270m	8'09"/km
4.	154	00:06:41	00:22:30	436m	15'20"/km
5.	139	00:07:36	00:30:06	631m	12'03"/km
6.	159	00:03:17	00:33:23	193m	17'01"/km
7.	181	00:02:29	00:35:52	194m	12'48"/km
8.	172	00:01:46	00:37:38	118m	14'58"/km
9.	132	00:07:44	00:45:22	855m	9'03"/km
10.	164	00:01:23	00:46:45	172m	8'03"/km
11.	162	00:03:12	00:49:57	392m	8'10"/km
12.	136	00:03:29	00:53:26	305m	11'25"/km
13.	144	00:02:11	00:55:37	245m	8'55"/km
14.	168	00:03:12	00:58:49	350m	9'09"/km
15.	175	00:01:28	01:00:17	176m	8'20"/km
16.	143	00:04:53	01:05:10	306m	15'58"/km
17.	141	00:01:54	01:07:04	102m	18'38"/km
18.	171	00:09:16	01:16:20	634m	14'37"/km
19.	158	00:02:24	01:18:44	289m	8'18"/km
20.	100	00:01:07	01:19:51	130m	8'35"/km
21.	999	00:00:37	01:20:28	159m	3'53"/km

Orienteering Software