



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Frank AERDEN

K.O.L.

Omloop : SD

Afstand : 4470m

Tijd : 0:55:30 (12'25"/km)

8/29

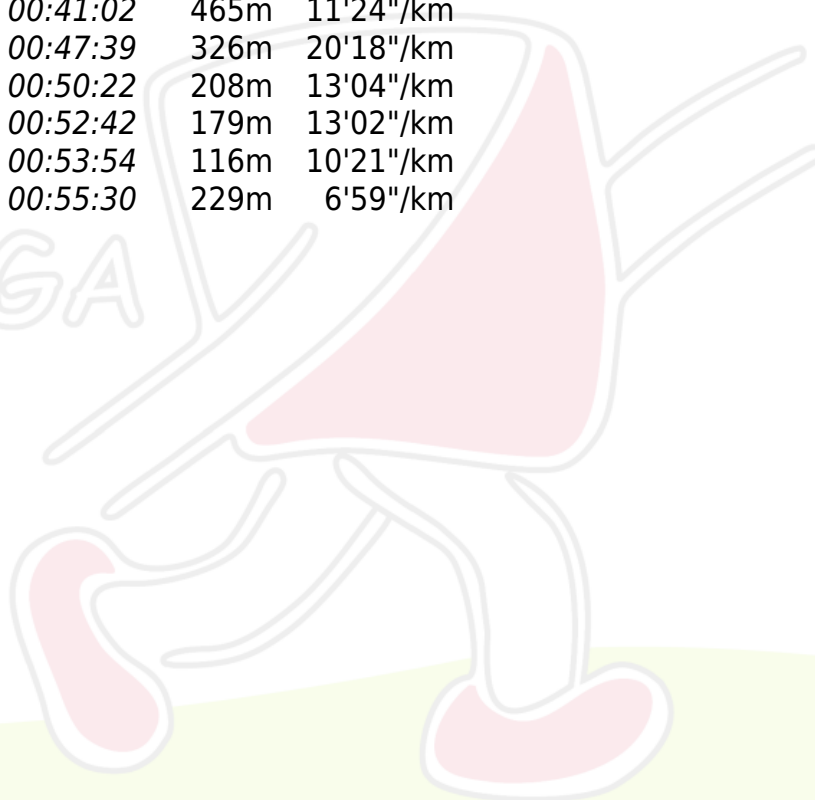
O.K.

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- | | |
|-------------------|---------|
| 1. Silke VAN ROOY | 0:43:21 |
| 2. Bart WILLEMS | 0:44:12 |
| 3. Wolf DE MITS | 0:45:17 |

1.	127	00:10:16		549m	18'42"/km
2.	193	00:03:34	00:13:50	368m	9'42"/km
3.	172	00:04:28	00:18:18	433m	10'19"/km
4.	194	00:08:18	00:26:36	738m	11'15"/km
5.	116	00:03:42	00:30:18	324m	11'25"/km
6.	181	00:02:06	00:32:24	211m	9'57"/km
7.	175	00:03:20	00:35:44	244m	13'40"/km
8.	188	00:05:18	00:41:02	465m	11'24"/km
9.	170	00:06:37	00:47:39	326m	20'18"/km
10.	123	00:02:43	00:50:22	208m	13'04"/km
11.	118	00:02:20	00:52:42	179m	13'02"/km
12.	200	00:01:12	00:53:54	116m	10'21"/km
13.	999	00:01:36	00:55:30	229m	6'59"/km

HELGA



Orienteering Software