



# Nationale lang Sonnis - Kelchterhoef

## HOUTHALEN 1.10.2023

### K.O.L.

**Eske AERDEN**

K.O.L.

Omloop : SD

Afstand : 4470m

Tijd : 1:42:42 (22'59"/km)

**23/29**

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 | 00:21:29 |          | 549m | 39'08"/km |
| 2.  | 193 | 00:07:47 | 00:29:16 | 368m | 21'09"/km |
| 3.  | 172 | 00:06:51 | 00:36:07 | 433m | 15'49"/km |
| 4.  | 194 | 00:15:22 | 00:51:29 | 738m | 20'49"/km |
| 5.  | 116 | 00:07:37 | 00:59:06 | 324m | 23'30"/km |
| 6.  | 181 | 00:04:54 | 01:04:00 | 211m | 23'13"/km |
| 7.  | 175 | 00:08:13 | 01:12:13 | 244m | 33'40"/km |
| 8.  | 188 | 00:08:40 | 01:20:53 | 465m | 18'38"/km |
| 9.  | 170 | 00:08:30 | 01:29:23 | 326m | 26'04"/km |
| 10. | 123 | 00:06:03 | 01:35:26 | 208m | 29'05"/km |
| 11. | 118 | 00:04:57 | 01:40:23 | 179m | 27'39"/km |
| 12. | 200 | 00:01:14 | 01:41:37 | 116m | 10'38"/km |
| 13. | 999 | 00:01:05 | 01:42:42 | 229m | 4'44"/km  |

HELGA

Orienteering Software