



**SPORTident**  
Make the most of your sport!

**ANTWERP ORIENTEERS**

**SPRINT**  
SPORT PRINT SOLUTIONS

**runners' lab**

**KONO**

**ORIENTEERING VLAANDEREN**

**SPORT. VLAANDEREN**

**District Antwerpen**

Free training - 04/04/2022

All category

Route analysis 5,0 km 10 m

|       | 80 m | 10 m |
|-------|------|------|
| 1 31  | ⬆    | ⬆    |
| 2 32  | ⬆    | ⬆    |
| 3 33  | ↗    | ↗    |
| 4 34  | ↘    | ↘    |
| 5 35  | ↖    | ↖    |
| 6 36  | ↗    | ↗    |
| 7 37  | ↘    | ↘    |
| 8 38  | ↖    | ↖    |
| 9 39  | ↗    | ↗    |
| 10 40 | ↘    | ↘    |
| 11 41 | ↖    | ↖    |
| 12 42 | ↗    | ↗    |
| 13 43 | ↘    | ↘    |
| 14 44 | ↖    | ↖    |
| 15 45 | ↗    | ↗    |
| 16 46 | ↘    | ↘    |
| 17 47 | ↖    | ↖    |
| 18 48 | ↗    | ↗    |
| 19 48 | ↘    | ↘    |

30 m

**Route analysis**  
**All category**

