



BK lange afstand

Helchterenbos - Koersel 19.9.2021

K.O.L.

Alfred RAES

Balise 10

Omloop : H70

Afstand : 4070m

Tijd : 0:43:52 (10'47"/km)

5/20

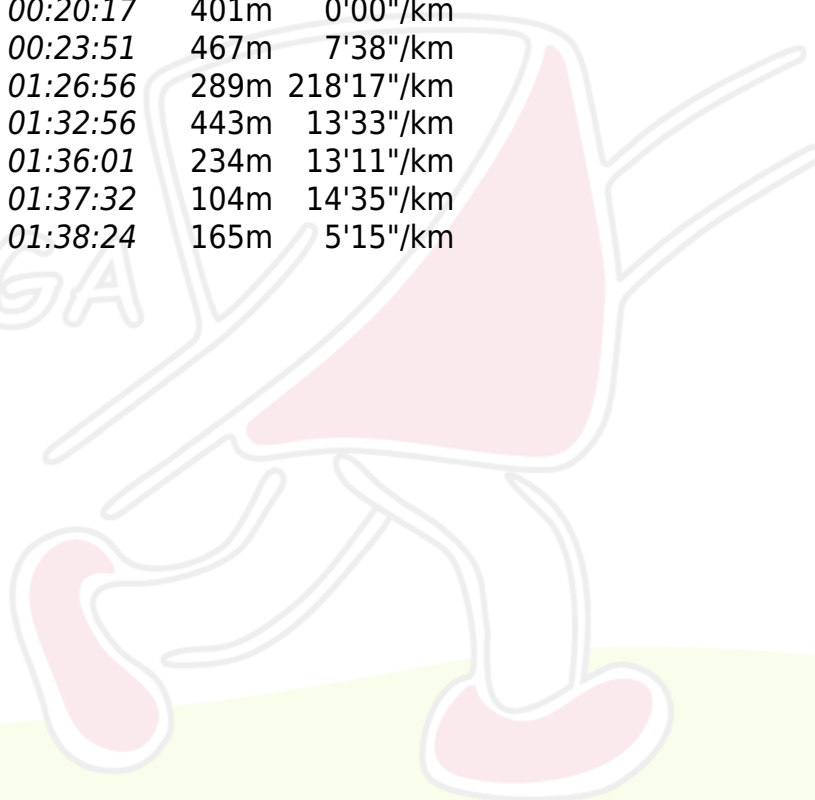
O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|-------------|
| 1. Freddy SILLIEN | 0:34:32,125 |
| 2. Rudy CANTRE | 0:38:12 |
| 3. Christian KRINGS | 0:41:47 |

1.	140	00:03:45		296m	12'40"/km
2.	134	00:03:19	00:07:04	308m	10'46"/km
3.	130	00:03:49	00:10:53	415m	9'12"/km
4.	127	00:02:11	00:13:04	148m	14'45"/km
5.	159	00:03:52	00:16:56	504m	7'40"/km
6.	157	00:02:32	00:19:28		
7.	156	00:00:49	00:20:17		
8.	163	00:00:00	00:20:17	401m	0'00"/km
9.	169	00:03:34	00:23:51	467m	7'38"/km
10.	174	01:03:05	01:26:56	289m	218'17"/km
11.	195	00:06:00	01:32:56	443m	13'33"/km
12.	200	00:03:05	01:36:01	234m	13'11"/km
13.	220	00:01:31	01:37:32	104m	14'35"/km
14.	999	00:00:52	01:38:24	165m	5'15"/km

HELGA



Orienteering Software