



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Nicolas SPILIERS

Antwerp Orienteers

Omloop : H21

Afstand : 12620m

Tijd : 1:57:53 (9'20"/km)

4/10

O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Julien DACHE | 1:47:58 |
| 2. John WILHELMS | 1:52:41 |
| 3. Johannes HEINOO | 1:52:44 |

1.	133	00:03:53	436m	8'54"/km
2.	135	00:01:44 00:05:37	275m	6'18"/km
3.	123	00:02:30 00:08:07	276m	9'03"/km
4.	179	00:02:14 00:10:21	287m	7'47"/km
5.	120	00:06:58 00:17:19	707m	9'51"/km
6.	177	00:11:19 00:28:38	877m	12'54"/km
7.	106	00:01:52 00:30:30	214m	8'43"/km
8.	174	00:02:25 00:32:55	233m	10'22"/km
9.	138	00:10:32 00:43:27	1372m	7'41"/km
10.	110	00:01:20 00:44:47	222m	6'00"/km
11.	139	00:02:49 00:47:36	317m	8'53"/km
12.	137	00:03:47 00:51:23	537m	7'03"/km
13.	141	00:03:09 00:54:32	206m	15'17"/km
14.	129	00:03:35 00:58:07	482m	7'26"/km
15.	112	00:02:13 01:00:20	296m	7'29"/km
16.	126	00:06:02 01:06:22	677m	8'55"/km
17.	142	00:05:32 01:11:54	646m	8'34"/km
18.	143	00:04:21 01:16:15	349m	12'28"/km
19.	110	00:01:21 01:17:36	208m	6'29"/km
20.	134	00:04:25 01:22:01	552m	8'00"/km
21.	165	00:01:24 01:23:25	181m	7'44"/km
22.	136	00:03:03 01:26:28	410m	7'26"/km
23.	168	00:04:32 01:31:00	286m	15'51"/km
24.	176	00:03:47 01:34:47	222m	17'03"/km
25.	104	00:04:51 01:39:38	192m	25'16"/km
26.	173	00:06:52 01:46:30	756m	9'05"/km
27.	102	00:04:29 01:50:59	454m	9'53"/km
28.	193	00:03:26 01:54:25	407m	8'26"/km
29.	200	00:02:11 01:56:36	232m	9'25"/km
30.	999	00:01:17 01:57:53	229m	5'36"/km