



Vlaams kampioenschap lange afstand
Leopoldsburg 19.11.2023
K.O.L.

Roman ELSEN

Omega

Omloop : H50

Afstand : 6740m

Tijd : 1:08:38 (10'11"/km)

11/14

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------------|---------|
| 1. Roland VAN LOON | 0:45:52 |
| 2. Jan-Gerard VAN DER TOORN | 0:47:01 |
| 3. Olivier DE SMUL | 0:48:40 |

1.	120	00:04:45		253m	18'46"/km
2.	117	00:01:18	00:06:03	154m	8'26"/km
3.	122	00:03:01	00:09:04	203m	14'52"/km
4.	103	00:02:13	00:11:17	202m	10'58"/km
5.	139	00:05:26	00:16:43	652m	8'20"/km
6.	149	00:09:13	00:25:56	310m	29'44"/km
7.	158	00:05:17	00:31:13	598m	8'50"/km
8.	166	00:04:13	00:35:26	324m	13'01"/km
9.	164	00:05:38	00:41:04	693m	8'08"/km
10.	174	00:02:33	00:43:37	325m	7'51"/km
11.	175	00:01:36	00:45:13	226m	7'05"/km
12.	150	00:02:28	00:47:41	276m	8'56"/km
13.	161	00:03:14	00:50:55	366m	8'50"/km
14.	141	00:02:49	00:53:44	298m	9'27"/km
15.	137	00:01:50	00:55:34	186m	9'51"/km
16.	145	00:02:11	00:57:45	233m	9'22"/km
17.	178	00:03:32	01:01:17	488m	7'14"/km
18.	113	00:04:15	01:05:32	487m	8'44"/km
19.	126	00:01:38	01:07:10	206m	7'56"/km
20.	200	00:00:55	01:08:05	127m	7'13"/km
21.	999	00:00:33	01:08:38	130m	4'14"/km

Orienteering Software