



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

Vic VANDERSTRAETEN

hamok

Omloop : H75

Afstand : 3470m

Tijd : 0:43:06 (12'25"/km)

3/13

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------|---------|
| 1. Mike IN 'T GROEN | 0:38:32 |
| 2. Georges TIMMERMANS | 0:41:48 |

1.	101	00:01:44		230m	7'32"/km
2.	118	00:05:38	00:07:22	134m	42'02"/km
3.	124	00:06:25	00:13:47	269m	23'51"/km
4.	130	00:03:30	00:17:17	319m	10'58"/km
5.	139	00:03:49	00:21:06	309m	12'21"/km
6.	143	00:03:02	00:24:08	279m	10'52"/km
7.	150	00:04:35	00:28:43	400m	11'27"/km
8.	175	00:02:58	00:31:41	276m	10'45"/km
9.	176	00:01:59	00:33:40	202m	9'49"/km
10.	179	00:04:24	00:38:04	467m	9'25"/km
11.	126	00:03:05	00:41:09	332m	9'17"/km
12.	200	00:01:09	00:42:18	127m	9'03"/km
13.	999	00:00:48	00:43:06	130m	6'09"/km

HELGA

Orienteering Software