



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Hans DE WIT

K.O.L.

Omloop : LD

Afstand : 7280m

Tijd : 1:09:56 (9'36"/km)

5/17

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 1. Gérald SOUWEINE | 1:04:00 |
| 2. Thijs VAN HAM | 1:04:13 |
| 3. Wannes VAN HAM | 1:05:46 |

1.	106	00:03:35		467m	7'40"/km
2.	108	00:02:16	00:05:51	234m	9'41"/km
3.	131	00:01:46	00:07:37	170m	10'24"/km
4.	130	00:00:51	00:08:28	94m	9'03"/km
5.	158	00:07:29	00:15:57	981m	7'38"/km
6.	157	00:03:22	00:19:19	347m	9'42"/km
7.	167	00:03:17	00:22:36	304m	10'48"/km
8.	172	00:05:13	00:27:49	522m	10'00"/km
9.	165	00:03:18	00:31:07	312m	10'35"/km
10.	151	00:01:22	00:32:29	108m	12'39"/km
11.	173	00:03:21	00:35:50	413m	8'07"/km
12.	177	00:04:30	00:40:20	370m	12'10"/km
13.	179	00:03:04	00:43:24	407m	7'32"/km
14.	116	00:01:39	00:45:03	236m	6'59"/km
15.	136	00:03:08	00:48:11	341m	9'11"/km
16.	141	00:02:14	00:50:25	212m	10'32"/km
17.	139	00:01:16	00:51:41	140m	9'03"/km
18.	105	00:04:17	00:55:58	483m	8'52"/km
19.	120	00:04:45	01:00:43	327m	14'32"/km
20.	112	00:04:00	01:04:43	182m	21'59"/km
21.	114	00:02:26	01:07:09	217m	11'13"/km
22.	200	00:02:10	01:09:19	284m	7'38"/km
23.	999	00:00:37	01:09:56	130m	4'45"/km

Orienteering Software