



**BK lange afstand**  
**Helchterenbos - Koersel 19.9.2021**  
**K.O.L.**

**Nicole VANHEES**

hamok

Omloop : D65

Afstand : 3950m

Tijd : 0:48:43 (12'20"/km)

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O.K.

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- |                     |         |
|---------------------|---------|
| 1. Lea SWINNEN      | 0:45:47 |
| 3. Paulette BLOMMEN | 0:55:11 |

|     |     |          |          |      |            |
|-----|-----|----------|----------|------|------------|
| 1.  | 140 | 00:04:14 |          | 296m | 14'18"/km  |
| 2.  | 135 | 00:09:02 | 00:13:16 | 285m | 31'42"/km  |
| 3.  | 133 | 00:03:38 | 00:16:54 | 208m | 17'28"/km  |
| 4.  | 131 | 00:02:07 | 00:19:01 | 222m | 9'32"/km   |
| 5.  | 129 | 00:01:53 | 00:20:54 | 199m | 9'28"/km   |
| 6.  | 157 | 00:04:32 | 00:25:26 | 597m | 7'36"/km   |
| 7.  | 161 | 00:03:52 | 00:29:18 | 279m | 13'52"/km  |
| 8.  | 166 | 00:00:00 | 00:29:18 | 366m | 0'00"/km   |
| 9.  | 169 | 00:02:48 | 00:32:06 | 342m | 8'11"/km   |
| 10. | 174 | 01:02:52 | 01:34:58 | 289m | 217'32"/km |
| 11. | 196 | 00:05:58 | 01:40:56 | 400m | 14'55"/km  |
| 12. | 220 | 00:03:24 | 01:44:20 | 302m | 11'15"/km  |
| 13. | 999 | 00:00:53 | 01:45:13 | 165m | 5'21"/km   |

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Orienteering Software