



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

Simonne SILVI

K.O.L.

Course : D65

Distance : 3950m

Time : 1:03:04,507 (15'58"/km)

4/9

O.K.

[Full result on Webres](#)

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|---------------------|---------|
| 1. Lea SWINNEN | 0:45:47 |
| 2. Nicole VANHEES | 0:48:43 |
| 3. Paulette BLOMMEN | 0:55:11 |

1.	140	00:06:28		296m	21'51"/km
2.	135	00:04:51	00:11:19	285m	17'01"/km
3.	133	00:04:52	00:16:11	208m	23'24"/km
4.	131	00:09:56	00:26:07	222m	44'45"/km
5.	129	00:02:18	00:28:25	199m	11'33"/km
6.	157	00:06:31	00:34:56	597m	10'55"/km
7.	161	00:04:23	00:39:19	279m	15'43"/km
8.	166	00:00:00	00:39:19	366m	0'00"/km
9.	169	00:04:06	00:43:25	342m	11'59"/km
10.	174	01:03:42	01:47:07	289m	220'25"/km
11.	196	00:05:43	01:52:50	400m	14'17"/km
12.	220	00:04:36	01:57:26	302m	15'14"/km
13.	999	00:01:08	01:58:34	165m	6'52"/km

HELGA

Orienteering Software