



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

Wouter HUS

K.O.L.

Course : HE

Distance : 15880m

Time : 1:30:39 (5'43"/km)

1/23

O.K.

[Full result on Webres](#)

2. Gilles DE NEYER

1:30:47

3. Evert LEEUWS

1:32:57

1.	136	00:03:57		582m	6'47"/km
2.	114	00:04:09	00:08:06	902m	4'36"/km
3.	115	00:01:45	00:09:51	104m	16'50"/km
4.	111	00:01:46	00:11:37	374m	4'43"/km
5.	118	00:00:45	00:12:22	159m	4'43"/km
6.	120	00:01:20	00:13:42	283m	4'43"/km
7.	157	00:05:37	00:19:19	997m	5'38"/km
8.	153	00:01:21	00:20:40	221m	6'07"/km
9.	164	00:00:00	00:20:40	495m	0'00"/km
10.	124	01:04:53	01:25:33	1060m	61'13"/km
11.	129	00:02:22	01:27:55	492m	4'49"/km
12.	133	00:01:54	01:29:49	397m	4'47"/km
13.	141	00:02:03	01:31:52	384m	5'20"/km
14.	158	00:02:16	01:34:08	404m	5'37"/km
15.	181	00:08:25	01:42:33	1625m	5'11"/km
16.	177	00:04:35	01:47:08	698m	6'34"/km
17.	178	00:02:26	01:49:34	442m	5'30"/km
18.	179	00:01:58	01:51:32	345m	5'42"/km
19.	175	00:02:51	01:54:23	546m	5'13"/km
20.	208	00:08:16	02:02:39	1378m	6'00"/km
21.	188	00:02:18	02:04:57	399m	5'46"/km
22.	189	00:03:16	02:08:13	377m	8'40"/km
23.	184	00:02:33	02:10:46	396m	6'26"/km
24.	186	00:02:21	02:13:07	457m	5'09"/km
25.	209	00:04:14	02:17:21	664m	6'23"/km
26.	207	00:02:39	02:20:00	384m	6'54"/km
27.	191	00:02:05	02:22:05	337m	6'11"/km
28.	192	00:00:42	02:22:47	122m	5'44"/km
29.	193	00:00:34	02:23:21		
30.	204	00:01:55	02:25:16	275m	6'58"/km
31.	220	00:02:05	02:27:21	356m	5'51"/km
32.	999	00:00:35	02:27:56	165m	3'32"/km