



BK lange afstand

Helchterenbos - Koersel 19.9.2021

K.O.L.

Geert SIMKENS

BMOT

Course : HE

Distance : 15880m

Time : 1:36:34 (6'05"/km)

6/23

O.K.

[Full result on Webres](#)

1. Wouter HUS	1:30:39
2. Gilles DE NEYER	1:30:47
3. Evert LEEUWS	1:32:57

1.	136	00:04:11		582m	7'11"/km
2.	114	00:04:39	00:08:50	902m	5'09"/km
3.	115	00:00:31	00:09:21	104m	4'58"/km
4.	111	00:02:17	00:11:38	374m	6'06"/km
5.	118	00:00:51	00:12:29	159m	5'21"/km
6.	120	00:01:27	00:13:56	283m	5'07"/km
7.	157	00:06:17	00:20:13	997m	6'18"/km
8.	153	00:01:51	00:22:04	221m	8'22"/km
9.	164	00:00:00	00:22:04	495m	0'00"/km
10.	124	01:05:16	01:27:20	1060m	61'34"/km
11.	129	00:02:35	01:29:55	492m	5'15"/km
12.	133	00:02:09	01:32:04	397m	5'25"/km
13.	141	00:02:30	01:34:34	384m	6'31"/km
14.	158	00:02:35	01:37:09	404m	6'24"/km
15.	181	00:08:36	01:45:45	1625m	5'18"/km
16.	177	00:04:29	01:50:14	698m	6'25"/km
17.	178	00:02:26	01:52:40	442m	5'30"/km
18.	179	00:02:01	01:54:41	345m	5'51"/km
19.	175	00:02:57	01:57:38	546m	5'24"/km
20.	208	00:08:09	02:05:47	1378m	5'55"/km
21.	188	00:04:34	02:10:21	399m	11'27"/km
22.	189	00:02:28	02:12:49	377m	6'33"/km
23.	184	00:02:44	02:15:33	396m	6'54"/km
24.	186	00:02:42	02:18:15	457m	5'54"/km
25.	209	00:03:54	02:22:09	664m	5'52"/km
26.	207	00:02:38	02:24:47	384m	6'51"/km
27.	191	00:01:57	02:26:44	337m	5'47"/km
28.	193	00:01:24	02:28:08	182m	7'42"/km
29.	204	00:02:03	02:30:11	275m	7'27"/km
30.	220	00:03:05	02:33:16	356m	8'40"/km
31.	999	00:00:39	02:33:55	165m	3'56"/km