



BK lange afstand

Helchterenbos - Koersel 19.9.2021

K.O.L.

François VAN DER OUDERAA

ASUB

Course : HE

Distance : 15880m

Time : 1:39:40 (6'17"/km)

9/23

O.K.

[Full result on Webres](#)

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

1.	136	00:06:23		582m	10'58"/km
2.	114	00:04:09	00:10:32	902m	4'36"/km
3.	115	00:02:43	00:13:15	104m	26'07"/km
4.	111	00:01:53	00:15:08	374m	5'02"/km
5.	118	00:00:49	00:15:57	159m	5'08"/km
6.	120	00:01:58	00:17:55	283m	6'57"/km
7.	157	00:06:34	00:24:29	997m	6'35"/km
8.	153	00:01:22	00:25:51	221m	6'11"/km
9.	164	00:00:00	00:25:51	495m	0'00"/km
10.	124	01:05:46	01:31:37	1060m	62'03"/km
11.	129	00:02:56	01:34:33	492m	5'58"/km
12.	133	00:02:15	01:36:48	397m	5'40"/km
13.	141	00:02:11	01:38:59	384m	5'41"/km
14.	158	00:02:44	01:41:43	404m	6'46"/km
15.	181	00:09:08	01:50:51	1625m	5'37"/km
16.	177	00:03:56	01:54:47	698m	5'38"/km
17.	178	00:02:33	01:57:20	442m	5'46"/km
18.	179	00:02:00	01:59:20	345m	5'48"/km
19.	175	00:02:45	02:02:05	546m	5'02"/km
20.	208	00:07:37	02:09:42	1378m	5'32"/km
21.	188	00:03:17	02:12:59	399m	8'14"/km
22.	189	00:03:09	02:16:08	377m	8'21"/km
23.	184	00:02:47	02:18:55	396m	7'02"/km
24.	186	00:02:27	02:21:22	457m	5'22"/km
25.	209	00:03:54	02:25:16	664m	5'52"/km
26.	207	00:02:54	02:28:10	384m	7'33"/km
27.	191	00:01:54	02:30:04	337m	5'38"/km
28.	192	00:00:44	02:30:48	122m	6'01"/km
29.	193	00:00:30	02:31:18		
30.	204	00:01:59	02:33:17	275m	7'13"/km
31.	220	00:02:47	02:36:04	356m	7'49"/km
32.	999	00:00:45	02:36:49	165m	4'33"/km