



BK lange afstand

Helchterenbos - Koersel 19.9.2021

K.O.L.

Guido LENGES

N.S.V. Amel

Omloop : H45

Afstand : 8370m

Tijd : 1:02:06 (7'25"/km)

5/28

O.K.

[Volledige uitslagen op Webres](#)

1. Nicolas SILLIEN	0:51:06
2. Alain MAZY	0:53:27
3. Kim JANSEN	0:58:32,964

1.	138	00:02:43		384m	7'04"/km
2.	155	00:01:56	00:04:39	272m	7'06"/km
3.	147	00:03:02	00:07:41	294m	10'19"/km
4.	146	00:00:32	00:08:13	71m	7'31"/km
5.	132	00:06:37	00:14:50	704m	9'24"/km
6.	131	00:01:38	00:16:28	137m	11'55"/km
7.	113	00:05:09	00:21:37	635m	8'07"/km
8.	117	00:01:55	00:23:32	290m	6'37"/km
9.	121	00:04:20	00:27:52	466m	9'18"/km
10.	110	00:01:20	00:29:12	218m	6'07"/km
11.	123	00:03:50	00:33:02	681m	5'38"/km
12.	130	00:01:35	00:34:37	272m	5'49"/km
13.	125	00:03:45	00:38:22	549m	6'50"/km
14.	160	00:02:50	00:41:12	503m	5'38"/km
15.	163	00:00:00	00:41:12	326m	0'00"/km
16.	181	01:06:49	01:48:01	1187m	56'17"/km
17.	183	00:01:53	01:49:54	264m	7'08"/km
18.	192	00:03:02	01:52:56	328m	9'15"/km
19.	197	00:03:08	01:56:04	366m	8'34"/km
20.	200	00:01:20	01:57:24	156m	8'33"/km
21.	220	00:01:13	01:58:37	104m	11'42"/km
22.	999	00:00:38	01:59:15	165m	3'50"/km

Orienteering Software