



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

Frank VANSPAUWEN

Hermathenae

Omloop : H50

Afstand : 6970m

Tijd : 0:54:12 (7'47"/km)

3/18

O.K.

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- | | |
|--------------------|---------|
| 1. Wim VERVOORT | 0:51:28 |
| 2. Olivier DE SMUL | 0:52:35 |

1.	103	00:02:26		317m	7'41"/km
2.	121	00:03:06	00:05:32	378m	8'12"/km
3.	118	00:05:14	00:10:46	353m	14'50"/km
4.	113	00:02:32	00:13:18	386m	6'34"/km
5.	130	00:03:16	00:16:34	566m	5'46"/km
6.	136	00:02:42	00:19:16	304m	8'53"/km
7.	159	00:03:19	00:22:35	386m	8'36"/km
8.	153	00:02:58	00:25:33	455m	6'31"/km
9.	150	00:01:59	00:27:32	211m	9'24"/km
10.	164	00:00:00	00:27:32	384m	0'00"/km
11.	175	01:05:02	01:32:34	715m	90'57"/km
12.	180	00:02:21	01:34:55	287m	8'11"/km
13.	182	00:02:27	01:37:22	213m	11'30"/km
14.	185	00:03:50	01:41:12	559m	6'51"/km
15.	189	00:01:53	01:43:05	219m	8'36"/km
16.	193	00:02:28	01:45:33	309m	7'59"/km
17.	202	00:01:35	01:47:08	207m	7'39"/km
18.	197	00:02:11	01:49:19	311m	7'01"/km
19.	220	00:01:38	01:50:57	246m	6'38"/km
20.	999	00:00:41	01:51:38	165m	4'08"/km

Orienteering Software