



BK lange afstand

Helchterenbos - Koersel 19.9.2021

K.O.L.

Rudy ROOMAN

Antwerp Orienteers

Course : H50

Distance : 6970m

Time : 1:00:29 (8'41"/km)

8/18

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Wim VERVOORT | 0:51:28 |
| 2. Olivier DE SMUL | 0:52:35 |
| 3. Frank VANSPAUWEN | 0:54:12 |

1.	103	00:02:18		317m	7'15"/km
2.	121	00:02:18	00:04:36	378m	6'05"/km
3.	118	00:04:11	00:08:47	353m	11'51"/km
4.	113	00:03:04	00:11:51	386m	7'57"/km
5.	130	00:03:50	00:15:41	566m	6'46"/km
6.	136	00:04:42	00:20:23	304m	15'28"/km
7.	159	00:02:37	00:23:00	386m	6'47"/km
8.	153	00:02:51	00:25:51	455m	6'16"/km
9.	150	00:01:42	00:27:33	211m	8'03"/km
10.	164	00:00:00	00:27:33	384m	0'00"/km
11.	175	01:06:17	01:33:50	715m	92'42"/km
12.	180	00:02:28	01:36:18	287m	8'36"/km
13.	182	00:02:19	01:38:37	213m	10'53"/km
14.	185	00:04:03	01:42:40	559m	7'15"/km
15.	189	00:03:05	01:45:45	219m	14'05"/km
16.	193	00:03:49	01:49:34	309m	12'21"/km
17.	202	00:02:22	01:51:56	207m	11'26"/km
18.	197	00:02:40	01:54:36	311m	8'34"/km
19.	220	00:02:40	01:57:16	246m	10'50"/km
20.	999	00:00:41	01:57:57	165m	4'08"/km

Orienteering Software