



BK lange afstand

Helchterenbos - Koersel 19.9.2021

K.O.L.

Steven TIESTERS

Omega

Omloop : H50

Afstand : 6970m

Tijd : 1:21:30,300 (11'42"/km)

14/18

O.K.

[Volledige uitslagen op Webres](#)

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

1.	103	00:03:19		317m	10'28"/km
2.	121	00:07:24	00:10:43	378m	19'35"/km
3.	118	00:03:24	00:14:07	353m	9'38"/km
4.	113	00:02:51	00:16:58	386m	7'23"/km
5.	130	00:04:41	00:21:39	566m	8'16"/km
6.	136	00:04:45	00:26:24	304m	15'38"/km
7.	159	00:06:13	00:32:37	386m	16'06"/km
8.	153	00:04:02	00:36:39	455m	8'52"/km
9.	150	00:01:57	00:38:36	211m	9'15"/km
10.	164	00:00:00	00:38:36	384m	0'00"/km
11.	175	01:07:35	01:46:11	715m	94'31"/km
12.	180	00:04:28	01:50:39	287m	15'34"/km
13.	182	00:03:11	01:53:50	213m	14'57"/km
14.	185	00:05:54	01:59:44	559m	10'33"/km
15.	189	00:04:56	02:04:40	219m	22'32"/km
16.	193	00:04:02	02:08:42	309m	13'03"/km
17.	202	00:02:26	02:11:08	207m	11'45"/km
18.	197	00:03:34	02:14:42	311m	11'28"/km
19.	220	00:02:53	02:17:35	246m	11'43"/km
20.	999	00:00:53	02:18:28	165m	5'21"/km

Orienteering Software