



# BK lange afstand

## Helchterenbos - Koersel 19.9.2021

### K.O.L.

**Anne HEIKOOP**

K.O.L.

Omloop : H60

Afstand : 5670m

Tijd : 1:00:41 (10'42"/km)

**9/24**

O.K.

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- |                       |         |
|-----------------------|---------|
| 1. Bart VAN DE MOORTE | 0:41:54 |
| 2. Wiet LAENEN        | 0:42:17 |
| 3. Luc MELIS          | 0:44:03 |

|     |     |          |          |      |            |
|-----|-----|----------|----------|------|------------|
| 1.  | 105 | 00:03:01 |          | 182m | 16'35"/km  |
| 2.  | 102 | 00:02:06 | 00:05:07 | 220m | 9'33"/km   |
| 3.  | 101 | 00:01:20 | 00:06:27 | 80m  | 16'40"/km  |
| 4.  | 120 | 00:02:52 | 00:09:19 | 324m | 8'51"/km   |
| 5.  | 117 | 00:04:16 | 00:13:35 | 396m | 10'46"/km  |
| 6.  | 112 | 00:02:07 | 00:15:42 | 171m | 12'23"/km  |
| 7.  | 127 | 00:05:41 | 00:21:23 | 646m | 8'48"/km   |
| 8.  | 107 | 00:04:11 | 00:25:34 | 449m | 9'19"/km   |
| 9.  | 152 | 00:06:29 | 00:32:03 | 653m | 9'56"/km   |
| 10. | 162 | 00:00:00 | 00:32:03 | 353m | 0'00"/km   |
| 11. | 167 | 00:03:27 | 00:35:30 | 437m | 7'54"/km   |
| 12. | 174 | 01:03:56 | 01:39:26 | 393m | 162'41"/km |
| 13. | 195 | 00:04:58 | 01:44:24 | 443m | 11'13"/km  |
| 14. | 203 | 00:03:38 | 01:48:02 | 354m | 10'16"/km  |
| 15. | 201 | 00:06:46 | 01:54:48 | 204m | 33'10"/km  |
| 16. | 220 | 00:02:04 | 01:56:52 | 194m | 10'39"/km  |
| 17. | 999 | 00:00:55 | 01:57:47 | 165m | 5'33"/km   |

Orienteering Software