



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

Rudy CANTRE

K.O.L.

Omloop : H70

Afstand : 4070m

Tijd : 0:38:12 (9'23"/km)

2/20

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|-------------|
| 1. Freddy SILLIEN | 0:34:32,125 |
| 3. Christian KRINGS | 0:41:47 |

1.	140	00:02:58		296m	10'01"/km
2.	134	00:02:47	00:05:45	308m	9'02"/km
3.	130	00:03:45	00:09:30	415m	9'02"/km
4.	127	00:01:08	00:10:38	148m	7'39"/km
5.	159	00:06:07	00:16:45	504m	12'08"/km
6.	156	00:02:58	00:19:43	295m	10'03"/km
7.	163	00:00:00	00:19:43	401m	0'00"/km
8.	169	00:03:27	00:23:10	467m	7'23"/km
9.	174	01:02:06	01:25:16	289m	214'53"/km
10.	195	00:04:22	01:29:38	443m	9'51"/km
11.	200	00:03:06	01:32:44	234m	13'15"/km
12.	220	00:01:20	01:34:04	104m	12'49"/km
13.	999	00:00:40	01:34:44	165m	4'02"/km

HELGA

Orienteering Software