



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

Christian KRINGS

O.L.G. St. Vith ARDOC

Omloop : H70

Afstand : 4070m

Tijd : 0:41:47 (10'16"/km)

3/20

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|-------------|
| 1. Freddy SILLIEN | 0:34:32,125 |
| 2. Rudy CANTRE | 0:38:12 |

1.	140	00:03:31		296m	11'53"/km
2.	134	00:03:00	00:06:31	308m	9'44"/km
3.	130	00:05:37	00:12:08	415m	13'32"/km
4.	127	00:01:21	00:13:29	148m	9'07"/km
5.	159	00:04:25	00:17:54	504m	8'46"/km
6.	156	00:04:20	00:22:14	295m	14'41"/km
7.	163	00:00:00	00:22:14	401m	0'00"/km
8.	169	00:03:45	00:25:59	467m	8'02"/km
9.	174	01:02:32	01:28:31	289m	216'23"/km
10.	195	00:05:07	01:33:38	443m	11'33"/km
11.	200	00:02:52	01:36:30	234m	12'15"/km
12.	220	00:01:11	01:37:41	104m	11'23"/km
13.	999	00:00:44	01:38:25	165m	4'27"/km

HELGA

Orienteering Software