



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

Ivo TIMMERMANS

K.O.L.

Course : H70

Distance : 4070m

Time : 0:42:16,093 (10'23"/km)

4/20

O.K.

[Full result on Webres](#)

- | | |
|---------------------|-------------|
| 1. Freddy SILLIEN | 0:34:32,125 |
| 2. Rudy CANTRE | 0:38:12 |
| 3. Christian KRINGS | 0:41:47 |

1.	140	00:03:42		296m	12'30"/km
2.	134	00:05:07	00:08:49	308m	16'37"/km
3.	130	00:03:08	00:11:57	415m	7'33"/km
4.	127	00:01:31	00:13:28	148m	10'15"/km
5.	159	00:04:47	00:18:15	504m	9'29"/km
6.	156	00:02:39	00:20:54	295m	8'59"/km
7.	163	00:00:00	00:20:54	401m	0'00"/km
8.	169	00:03:42	00:24:36	467m	7'55"/km
9.	174	01:02:59	01:27:35	289m	217'56"/km
10.	195	00:05:26	01:33:01	443m	12'16"/km
11.	200	00:02:37	01:35:38	234m	11'11"/km
12.	220	00:01:55	01:37:33	104m	18'26"/km
13.	999	00:00:48	01:38:21	165m	4'51"/km

HELGA

Orienteering Software