



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

Marcel JANSSEN

K.O.L.

Omloop : H70

Afstand : 4070m

Tijd : 0:48:31,160 (11'55"/km)

8/20

O.K.

[Volledige uitslagen op Webres](#)

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

1.	140	00:03:37		296m	12'13"/km
2.	134	00:03:44	00:07:21	308m	12'07"/km
3.	130	00:04:01	00:11:22	415m	9'41"/km
4.	127	00:01:35	00:12:57	148m	10'42"/km
5.	159	00:04:59	00:17:56	504m	9'53"/km
6.	156	00:03:41	00:21:37	295m	12'29"/km
7.	163	00:00:00	00:21:37	401m	0'00"/km
8.	169	00:04:42	00:26:19	467m	10'04"/km
9.	174	01:03:03	01:29:22	289m	218'10"/km
10.	195	00:06:54	01:36:16	443m	15'35"/km
11.	200	00:02:48	01:39:04	234m	11'58"/km
12.	220	00:01:27	01:40:31	104m	13'57"/km
13.	999	00:01:09	01:41:40	165m	6'58"/km

HELGA

Orienteering Software