



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

Rogier VANAKEN

Omega

Course : H70

Distance : 4070m

Time : 0:49:34 (12'11"/km)

9/20

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	00:03:45		296m	12'40"/km
2.	134	00:03:24	00:07:09	308m	11'02"/km
3.	130	00:04:06	00:11:15	415m	9'53"/km
4.	127	00:01:40	00:12:55	148m	11'16"/km
5.	159	00:04:50	00:17:45	504m	9'35"/km
6.	156	00:06:51	00:24:36	295m	23'13"/km
7.	163	00:00:00	00:24:36	401m	0'00"/km
8.	169	00:04:33	00:29:09	467m	9'45"/km
9.	174	01:02:48	01:31:57	289m	217'18"/km
10.	195	00:06:57	01:38:54	443m	15'41"/km
11.	200	00:02:58	01:41:52	234m	12'41"/km
12.	220	00:02:01	01:43:53	104m	19'23"/km
13.	999	00:01:02	01:44:55	165m	6'16"/km

HELGA

Orienteering Software