



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

Frans WENS

TROL

Omloop : H70

Afstand : 4070m

Tijd : 0:49:56 (12'16"/km)

10/20

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	00:03:56		296m	13'17"/km
2.	134	00:03:03	00:06:59	308m	9'54"/km
3.	130	00:04:05	00:11:04	415m	9'50"/km
4.	127	00:01:27	00:12:31	148m	9'48"/km
5.	159	00:08:41	00:21:12	504m	17'14"/km
6.	156	00:06:20	00:27:32	295m	21'28"/km
7.	163	00:00:00	00:27:32	401m	0'00"/km
8.	169	00:04:42	00:32:14	467m	10'04"/km
9.	174	01:02:53	01:35:07	289m	217'35"/km
10.	195	00:05:36	01:40:43	443m	12'38"/km
11.	200	00:02:26	01:43:09	234m	10'24"/km
12.	220	00:01:21	01:44:30	104m	12'59"/km
13.	999	00:00:50	01:45:20	165m	5'03"/km

HELGA

Orienteering Software