



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

Jos HOUBEN

K.O.L.

Omloop : H70

Afstand : 4070m

Tijd : 1:11:24 (17'33"/km)

15/20

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	00:05:19		296m	17'58"/km
2.	134	00:04:51	00:10:10	308m	15'45"/km
3.	130	00:19:58	00:30:08	415m	48'07"/km
4.	127	00:01:59	00:32:07	148m	13'24"/km
5.	159	00:06:06	00:38:13	504m	12'06"/km
6.	156	00:03:28	00:41:41	295m	11'45"/km
7.	163	00:00:00	00:41:41	401m	0'00"/km
8.	169	00:05:47	00:47:28	467m	12'23"/km
9.	174	01:04:13	01:51:41	289m	222'12"/km
10.	195	00:07:07	01:58:48	443m	16'04"/km
11.	200	00:03:39	02:02:27	234m	15'36"/km
12.	220	00:02:22	02:04:49	104m	22'45"/km
13.	999	00:01:21	02:06:10	165m	8'11"/km

HELGA

Orienteering Software