



**Vlaams Kampioenschap Lang**  
**Gielsbos 22.9.2013**  
**TROL**

**Frank AERDEN**

K.O.L.

Course : H40

Distance : 8900m

Time : 1:34:34 (10'37"/km)

**11/16**

O.K.

[Full result on Webres](#)

|                    |         |
|--------------------|---------|
| 1. Rudy ROOMAN     | 0:54:23 |
| 2. Frederik LOECKX | 1:00:23 |
| 3. Wim VERVOORT    | 1:02:51 |

HELGA



Orienteering Software