



**NATIONALE MIDDLE DISTANCE
HOGE RIELEN- LICHTAART 27.4.2014
K.O.L.**

Rudy CANTRE

K.O.L.

Course : H60

Distance : 5000m

Time : 0:45:59 (9'11"/km)

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O.K.

[Full result on Webres](#)

- | | |
|-------------------|---------|
| 1. Rogier VANAKEN | 0:38:10 |
| 2. Alfred SIMKENS | 0:39:34 |
| 3. Luc HEUNINCKX | 0:40:10 |

HELGA



Orienteering Software