



BK midden afstand
HELCHTERENBOS 27.3.2022
K.O.L.

Evert LEEUWS

Antwerp Orienteers

Omloop : HE

Afstand : 7420m

Tijd : 0:33:30 (4'31"/km)

2/20

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 1. Yannick MICHELS | 0:32:24 |
| 3. Wouter HUS | 0:33:32 |

1.	167	00:02:07		388m	5'27"/km
2.	153	00:00:27	00:02:34	95m	4'44"/km
3.	170	00:00:55	00:03:29	199m	4'36"/km
4.	199	00:00:53	00:04:22	183m	4'50"/km
5.	156	00:01:44	00:06:06	375m	4'37"/km
6.	171	00:01:07	00:07:13	231m	4'50"/km
7.	202	00:00:50	00:08:03	173m	4'49"/km
8.	204	00:00:59	00:09:02	231m	4'15"/km
9.	155	00:00:19	00:09:21	72m	4'24"/km
10.	148	00:00:32	00:09:53	109m	4'54"/km
11.	203	00:00:35	00:10:28	130m	4'29"/km
12.	196	00:01:12	00:11:40	285m	4'13"/km
13.	180	00:01:14	00:12:54	266m	4'38"/km
14.	183	00:00:55	00:13:49	217m	4'13"/km
15.	173	00:01:07	00:14:56	239m	4'40"/km
16.	147	00:01:14	00:16:10	290m	4'15"/km
17.	175	00:01:56	00:18:06	460m	4'12"/km
18.	210	00:00:53	00:18:59	179m	4'56"/km
19.	191	00:02:17	00:21:16	527m	4'20"/km
20.	214	00:01:10	00:22:26	207m	5'38"/km
21.	220	00:00:43	00:23:09	146m	4'55"/km
22.	215	00:01:19	00:24:28	235m	5'36"/km
23.	218	00:02:30	00:26:58	598m	4'11"/km
24.	216	00:00:43	00:27:41	153m	4'41"/km
25.	219	00:01:59	00:29:40	446m	4'27"/km
26.	205	00:01:21	00:31:01	317m	4'16"/km
27.	145	00:00:20	00:31:21	74m	4'30"/km
28.	146	00:01:29	00:32:50	342m	4'20"/km
29.	200	00:00:29	00:33:19	152m	3'11"/km
30.	999	00:00:11	00:33:30	99m	1'51"/km