



Nationale lang Sonnis - Kelchterhoef
HOUTHALEN 1.10.2023
K.O.L.

Noah BACKES

O.L.G. St. Vith ARDOC

Course : H-20

Distance : 11110m

Time : 1:50:50 (9'59"/km)

1/1

O.K.

[Full result on Webres](#)

1.	122	00:03:23		241m	14'02"/km
2.	189	00:02:01	00:05:24	228m	8'51"/km
3.	123	00:06:53	00:12:17	654m	10'31"/km
4.	102	00:03:50	00:16:07	433m	8'51"/km
5.	180	00:02:21	00:18:28	321m	7'19"/km
6.	181	00:05:33	00:24:01	625m	8'53"/km
7.	119	00:02:29	00:26:30	264m	9'24"/km
8.	117	00:03:16	00:29:46	244m	13'23"/km
9.	176	00:01:56	00:31:42	189m	10'14"/km
10.	166	00:03:23	00:35:05	310m	10'55"/km
11.	105	00:03:53	00:38:58	441m	8'48"/km
12.	161	00:03:47	00:42:45	308m	12'17"/km
13.	186	00:14:30	00:57:15	1083m	13'23"/km
14.	110	00:02:35	00:59:50	333m	7'45"/km
15.	139	00:02:48	01:02:38	317m	8'50"/km
16.	140	00:05:57	01:08:35	494m	12'03"/km
17.	129	00:04:02	01:12:37	375m	10'45"/km
18.	187	00:02:41	01:15:18	236m	11'22"/km
19.	162	00:03:48	01:19:06	408m	9'19"/km
20.	137	00:02:03	01:21:09	283m	7'15"/km
21.	114	00:02:13	01:23:22	287m	7'43"/km
22.	142	00:01:48	01:25:10	186m	9'41"/km
23.	110	00:04:08	01:29:18	481m	8'36"/km
24.	138	00:02:01	01:31:19	222m	9'05"/km
25.	175	00:07:44	01:39:03	707m	10'56"/km
26.	121	00:02:36	01:41:39	291m	8'56"/km
27.	144	00:02:56	01:44:35	281m	10'26"/km
28.	118	00:04:24	01:48:59	442m	9'57"/km
29.	200	00:00:49	01:49:48	116m	7'02"/km
30.	999	00:01:02	01:50:50	229m	4'31"/km