



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Alexander MAES

hamok

Omloop : H-14

Afstand : 4220m

Tijd : 1:23:45 (19'51"/km)

8/9

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Nathan JANSEN | 0:30:03 |
| 2. Thor WOLLES | 0:31:33 |
| 3. Wout BOECKX | 0:36:16 |

1.	121	00:03:33		364m	9'45"/km
2.	106	00:11:28	00:15:01	118m	97'11"/km
3.	108	00:10:55	00:25:56	234m	46'39"/km
4.	133	00:02:44	00:28:40	209m	13'05"/km
5.	139	00:07:48	00:36:28	311m	25'05"/km
6.	141	00:03:04	00:39:32	140m	21'54"/km
7.	161	00:05:21	00:44:53	298m	17'57"/km
8.	162	00:04:40	00:49:33	360m	12'58"/km
9.	164	00:07:07	00:56:40	248m	28'42"/km
10.	174	00:05:19	01:01:59	325m	16'22"/km
11.	176	00:04:07	01:06:06	422m	9'45"/km
12.	177	00:03:50	01:09:56	187m	20'30"/km
13.	179	00:04:02	01:13:58	407m	9'55"/km
14.	113	00:05:28	01:19:26	132m	41'25"/km
15.	126	00:02:42	01:22:08	206m	13'06"/km
16.	200	00:01:01	01:23:09	127m	8'00"/km
17.	999	00:00:36	01:23:45	130m	4'37"/km

Orienteering Software