



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Kim JANSEN

Omega

Omloop : H45

Afstand : 7530m

Tijd : 0:53:58 (7'10"/km)

1/10

O.K.

[Volledige uitslagen op Webres](#)

2. Bob SCHILDERMANS 0:55:42
3. Roel SMOLDERS 1:00:29

1.	102	00:01:53		287m	6'34"/km
2.	106	00:03:45	00:05:38	304m	12'20"/km
3.	124	00:02:01	00:07:39	108m	18'40"/km
4.	139	00:03:55	00:11:34	568m	6'54"/km
5.	148	00:02:04	00:13:38	351m	5'53"/km
6.	160	00:01:57	00:15:35	239m	8'10"/km
7.	158	00:02:21	00:17:56	255m	9'13"/km
8.	166	00:02:02	00:19:58	324m	6'17"/km
9.	167	00:02:05	00:22:03	328m	6'21"/km
10.	172	00:03:41	00:25:44	522m	7'03"/km
11.	174	00:02:25	00:28:09	340m	7'06"/km
12.	173	00:02:42	00:30:51	272m	9'56"/km
13.	177	00:02:26	00:33:17	370m	6'35"/km
14.	145	00:02:19	00:35:36	444m	5'13"/km
15.	164	00:03:57	00:39:33	623m	6'20"/km
16.	155	00:02:24	00:41:57	335m	7'10"/km
17.	142	00:03:16	00:45:13	477m	6'51"/km
18.	136	00:02:50	00:48:03	395m	7'10"/km
19.	179	00:02:29	00:50:32	400m	6'12"/km
20.	113	00:01:05	00:51:37	132m	8'12"/km
21.	126	00:01:12	00:52:49	206m	5'50"/km
22.	200	00:00:46	00:53:35	127m	6'02"/km
23.	999	00:00:23	00:53:58	130m	2'57"/km

Orienteering Software