



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Raf MAES

hamok

Omloop : H45

Afstand : 7530m

Tijd : 1:18:27 (10'25"/km)

7/10

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Kim JANSEN | 0:53:58 |
| 2. Bob SCHILDERMANS | 0:55:42 |
| 3. Roel SMOLDERS | 1:00:29 |

1.	102	00:02:03		287m	7'09"/km
2.	106	00:06:56	00:08:59	304m	22'48"/km
3.	124	00:00:45	00:09:44	108m	6'57"/km
4.	139	00:05:18	00:15:02	568m	9'20"/km
5.	148	00:03:12	00:18:14	351m	9'07"/km
6.	160	00:01:31	00:19:45	239m	6'21"/km
7.	158	00:09:22	00:29:07	255m	36'44"/km
8.	166	00:02:37	00:31:44	324m	8'05"/km
9.	167	00:02:16	00:34:00	328m	6'55"/km
10.	172	00:05:21	00:39:21	522m	10'15"/km
11.	174	00:03:52	00:43:13	340m	11'22"/km
12.	173	00:03:24	00:46:37	272m	12'30"/km
13.	177	00:02:52	00:49:29	370m	7'45"/km
14.	145	00:03:02	00:52:31	444m	6'50"/km
15.	164	00:04:59	00:57:30	623m	8'00"/km
16.	155	00:04:17	01:01:47	335m	12'47"/km
17.	142	00:03:35	01:05:22	477m	7'31"/km
18.	136	00:04:51	01:10:13	395m	12'17"/km
19.	179	00:03:51	01:14:04	400m	9'38"/km
20.	113	00:01:40	01:15:44	132m	12'38"/km
21.	126	00:01:27	01:17:11	206m	7'02"/km
22.	200	00:00:51	01:18:02	127m	6'42"/km
23.	999	00:00:25	01:18:27	130m	3'12"/km

Orienteering Software