



Vlaams kampioenschap lange afstand
Leopoldsburg 19.11.2023
K.O.L.

Tim DILEN

K.O.L.

Omloop : H45

Afstand : 7530m

Tijd : 1:19:11 (10'31"/km)

8/10

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	00:02:25		287m	8'25"/km
2.	106	00:03:12	00:05:37	304m	10'32"/km
3.	124	00:01:17	00:06:54	108m	11'53"/km
4.	139	00:05:48	00:12:42	568m	10'13"/km
5.	148	00:03:01	00:15:43	351m	8'36"/km
6.	160	00:02:53	00:18:36	239m	12'04"/km
7.	158	00:03:04	00:21:40	255m	12'02"/km
8.	166	00:03:02	00:24:42	324m	9'22"/km
9.	167	00:03:26	00:28:08	328m	10'28"/km
10.	172	00:05:00	00:33:08	522m	9'35"/km
11.	174	00:03:32	00:36:40	340m	10'24"/km
12.	173	00:02:52	00:39:32	272m	10'32"/km
13.	177	00:03:16	00:42:48	370m	8'50"/km
14.	145	00:03:31	00:46:19	444m	7'55"/km
15.	164	00:06:20	00:52:39	623m	10'10"/km
16.	155	00:04:19	00:56:58	335m	12'53"/km
17.	142	00:09:36	01:06:34	477m	20'08"/km
18.	136	00:04:10	01:10:44	395m	10'33"/km
19.	179	00:03:33	01:14:17	400m	8'52"/km
20.	113	00:01:20	01:15:37	132m	10'06"/km
21.	126	00:01:49	01:17:26	206m	8'49"/km
22.	200	00:01:01	01:18:27	127m	8'00"/km
23.	999	00:00:44	01:19:11	130m	5'38"/km

Orienteering Software