



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

Gunther DEFERME

hamok

Omloop : H50

Afstand : 6740m

Tijd : 0:49:00 (7'16"/km)

4/14

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------------|---------|
| 1. Roland VAN LOON | 0:45:52 |
| 2. Jan-Gerard VAN DER TOORN | 0:47:01 |
| 3. Olivier DE SMUL | 0:48:40 |

1.	120	00:01:45		253m	6'55"/km
2.	117	00:01:19	00:03:04	154m	8'33"/km
3.	122	00:01:18	00:04:22	203m	6'24"/km
4.	103	00:01:30	00:05:52	202m	7'26"/km
5.	139	00:04:32	00:10:24	652m	6'57"/km
6.	149	00:02:13	00:12:37	310m	7'09"/km
7.	158	00:04:08	00:16:45	598m	6'55"/km
8.	166	00:02:36	00:19:21	324m	8'01"/km
9.	164	00:04:38	00:23:59	693m	6'41"/km
10.	174	00:02:13	00:26:12	325m	6'49"/km
11.	175	00:01:31	00:27:43	226m	6'43"/km
12.	150	00:02:04	00:29:47	276m	7'29"/km
13.	161	00:02:36	00:32:23	366m	7'06"/km
14.	141	00:02:14	00:34:37	298m	7'30"/km
15.	137	00:01:44	00:36:21	186m	9'19"/km
16.	145	00:01:39	00:38:00	233m	7'05"/km
17.	178	00:03:17	00:41:17	488m	6'44"/km
18.	113	00:03:39	00:44:56	487m	7'30"/km
19.	126	00:01:32	00:46:28	206m	7'27"/km
20.	200	00:01:51	00:48:19	127m	14'34"/km
21.	999	00:00:41	00:49:00	130m	5'15"/km

Orienteering Software