



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Steffen KNOOPS

hamok

Omloop : H50

Afstand : 6740m

Tijd : 1:18:01 (11'35"/km)

12/14

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	00:03:04		253m	12'07"/km
2.	117	00:05:26	00:08:30	154m	35'17"/km
3.	122	00:02:29	00:10:59	203m	12'14"/km
4.	103	00:02:37	00:13:36	202m	12'57"/km
5.	139	00:08:50	00:22:26	652m	13'33"/km
6.	149	00:03:39	00:26:05	310m	11'46"/km
7.	158	00:06:34	00:32:39	598m	10'59"/km
8.	166	00:03:35	00:36:14	324m	11'04"/km
9.	164	00:06:57	00:43:11	693m	10'02"/km
10.	174	00:03:15	00:46:26	325m	10'00"/km
11.	175	00:01:59	00:48:25	226m	8'47"/km
12.	150	00:03:12	00:51:37	276m	11'36"/km
13.	161	00:04:14	00:55:51	366m	11'34"/km
14.	141	00:03:47	00:59:38	298m	12'42"/km
15.	137	00:02:37	01:02:15	186m	14'04"/km
16.	145	00:02:06	01:04:21	233m	9'01"/km
17.	178	00:04:23	01:08:44	488m	8'59"/km
18.	113	00:05:44	01:14:28	487m	11'46"/km
19.	126	00:01:51	01:16:19	206m	8'59"/km
20.	200	00:01:04	01:17:23	127m	8'24"/km
21.	999	00:00:38	01:18:01	130m	4'52"/km

Orienteering Software