



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

Noël NIJSTEN

Borasca

Omloop : H55

Afstand : 6460m

Tijd : 0:50:43 (7'51"/km)

2/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Dirk GOOSSENS | 0:46:09 |
| 3. Bart MELLEBECK | 0:50:48 |

1.	119	00:01:48		335m	5'22"/km
2.	104	00:01:48	00:03:36	196m	9'11"/km
3.	133	00:01:57	00:05:33	243m	8'01"/km
4.	138	00:02:08	00:07:41	263m	8'07"/km
5.	137	00:02:06	00:09:47	191m	11'00"/km
6.	153	00:03:42	00:13:29	583m	6'21"/km
7.	155	00:01:34	00:15:03	133m	11'47"/km
8.	143	00:03:22	00:18:25	363m	9'16"/km
9.	142	00:00:50	00:19:15	128m	6'31"/km
10.	148	00:02:20	00:21:35	238m	9'48"/km
11.	166	00:06:21	00:27:56	793m	8'00"/km
12.	171	00:05:21	00:33:17	712m	7'31"/km
13.	172	00:01:09	00:34:26	113m	10'11"/km
14.	174	00:02:49	00:37:15	340m	8'17"/km
15.	173	00:02:14	00:39:29	272m	8'13"/km
16.	176	00:01:49	00:41:18	229m	7'56"/km
17.	178	00:01:43	00:43:01	238m	7'13"/km
18.	179	00:02:47	00:45:48	407m	6'50"/km
19.	112	00:01:20	00:47:08	185m	7'12"/km
20.	127	00:01:54	00:49:02	229m	8'18"/km
21.	200	00:01:02	00:50:04	139m	7'26"/km
22.	999	00:00:39	00:50:43	130m	5'00"/km

Orienteering Software