



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

Ivo TIMMERMANS

K.O.L.

Omloop : H70

Afstand : 4220m

Tijd : 0:46:00 (10'54"/km)

5/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------------|---------|
| 1. Luc HEUNINCKX | 0:40:15 |
| 2. Jean-Pierre KELLENS | 0:43:43 |
| 3. Frans WENS | 0:44:53 |

1.	121	00:03:00		364m	8'15"/km
2.	106	00:01:31	00:04:31	118m	12'51"/km
3.	108	00:02:25	00:06:56	234m	10'20"/km
4.	133	00:02:35	00:09:31	209m	12'22"/km
5.	139	00:03:54	00:13:25	311m	12'32"/km
6.	141	00:02:53	00:16:18	140m	20'36"/km
7.	161	00:03:14	00:19:32	298m	10'51"/km
8.	162	00:04:26	00:23:58	360m	12'19"/km
9.	164	00:03:08	00:27:06	248m	12'38"/km
10.	174	00:04:52	00:31:58	325m	14'58"/km
11.	176	00:03:28	00:35:26	422m	8'13"/km
12.	177	00:01:58	00:37:24	187m	10'31"/km
13.	179	00:03:27	00:40:51	407m	8'29"/km
14.	113	00:01:45	00:42:36	132m	13'15"/km
15.	126	00:01:48	00:44:24	206m	8'44"/km
16.	200	00:01:03	00:45:27	127m	8'16"/km
17.	999	00:00:33	00:46:00	130m	4'14"/km

Orienteering Software