



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

Jos THYS

hamok

Omloop : H75

Afstand : 3470m

Tijd : 0:49:01 (14'08"/km)

5/13

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------|---------|
| 1. Mike IN 'T GROEN | 0:38:32 |
| 2. Georges TIMMERMANS | 0:41:48 |
| 3. Vic VANDERSTRAETEN | 0:43:06 |

1.	101	00:02:53		230m	12'32"/km
2.	118	00:02:10	00:05:03	134m	16'10"/km
3.	124	00:03:49	00:08:52	269m	14'11"/km
4.	130	00:04:22	00:13:14	319m	13'41"/km
5.	139	00:05:23	00:18:37	309m	17'25"/km
6.	143	00:04:52	00:23:29	279m	17'27"/km
7.	150	00:06:25	00:29:54	400m	16'03"/km
8.	175	00:04:04	00:33:58	276m	14'44"/km
9.	176	00:02:39	00:36:37	202m	13'07"/km
10.	179	00:05:46	00:42:23	467m	12'21"/km
11.	126	00:04:05	00:46:28	332m	12'18"/km
12.	200	00:01:34	00:48:02	127m	12'20"/km
13.	999	00:00:59	00:49:01	130m	7'34"/km

HELGA

Orienteering Software