



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

Jean OOMS

hamok

Omloop : H80

Afstand : 3170m

Tijd : 0:48:09 (15'11"/km)

2/7

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Phil MELLEBECK | 0:37:58 |
| 3. Alfons BOSCH | 0:56:33 |

1.	102	00:03:39		287m	12'43"/km
2.	105	00:04:13	00:07:52	276m	15'17"/km
3.	132	00:04:15	00:12:07	273m	15'34"/km
4.	139	00:06:10	00:18:17	263m	23'27"/km
5.	141	00:02:25	00:20:42	140m	17'16"/km
6.	145	00:05:06	00:25:48	369m	13'49"/km
7.	146	00:01:41	00:27:29	160m	10'31"/km
8.	176	00:02:01	00:29:30	174m	11'35"/km
9.	178	00:05:15	00:34:45	238m	22'04"/km
10.	179	00:05:38	00:40:23	407m	13'50"/km
11.	126	00:05:12	00:45:35	332m	15'40"/km
12.	200	00:01:36	00:47:11	127m	12'36"/km
13.	999	00:00:58	00:48:09	130m	7'26"/km

HELGA

Orienteering Software