



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

Alfons BOSCH

TROL

Omloop : H80

Afstand : 3170m

Tijd : 0:56:33 (17'50"/km)

3/7

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Phil MELLEBECK | 0:37:58 |
| 2. Jean OOMS | 0:48:09 |

1.	102	00:04:15		287m	14'49"/km
2.	105	00:06:47	00:11:02	276m	24'35"/km
3.	132	00:05:25	00:16:27	273m	19'50"/km
4.	139	00:05:09	00:21:36	263m	19'35"/km
5.	141	00:03:09	00:24:45	140m	22'30"/km
6.	145	00:06:19	00:31:04	369m	17'07"/km
7.	146	00:02:04	00:33:08	160m	12'55"/km
8.	176	00:02:57	00:36:05	174m	16'57"/km
9.	178	00:05:46	00:41:51	238m	24'14"/km
10.	179	00:06:46	00:48:37	407m	16'38"/km
11.	126	00:05:29	00:54:06	332m	16'31"/km
12.	200	00:01:41	00:55:47	127m	13'15"/km
13.	999	00:00:46	00:56:33	130m	5'54"/km

HELGA

Orienteering Software