



# Vlaams kampioenschap lange afstand

## Leopoldsburg 19.11.2023

### K.O.L.

**Hans DE WIT**

K.O.L.

Course : LD

Distance : 7280m

Time : 1:09:56 (9'36"/km)

**5/17**

O.K.

[Full result on Webres](#)

- |                    |         |
|--------------------|---------|
| 1. Gérald SOUWEINE | 1:04:00 |
| 2. Thijs VAN HAM   | 1:04:13 |
| 3. Wannes VAN HAM  | 1:05:46 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 106 | 00:03:35 |          | 467m | 7'40"/km  |
| 2.  | 108 | 00:02:16 | 00:05:51 | 234m | 9'41"/km  |
| 3.  | 131 | 00:01:46 | 00:07:37 | 170m | 10'24"/km |
| 4.  | 130 | 00:00:51 | 00:08:28 | 94m  | 9'03"/km  |
| 5.  | 158 | 00:07:29 | 00:15:57 | 981m | 7'38"/km  |
| 6.  | 157 | 00:03:22 | 00:19:19 | 347m | 9'42"/km  |
| 7.  | 167 | 00:03:17 | 00:22:36 | 304m | 10'48"/km |
| 8.  | 172 | 00:05:13 | 00:27:49 | 522m | 10'00"/km |
| 9.  | 165 | 00:03:18 | 00:31:07 | 312m | 10'35"/km |
| 10. | 151 | 00:01:22 | 00:32:29 | 108m | 12'39"/km |
| 11. | 173 | 00:03:21 | 00:35:50 | 413m | 8'07"/km  |
| 12. | 177 | 00:04:30 | 00:40:20 | 370m | 12'10"/km |
| 13. | 179 | 00:03:04 | 00:43:24 | 407m | 7'32"/km  |
| 14. | 116 | 00:01:39 | 00:45:03 | 236m | 6'59"/km  |
| 15. | 136 | 00:03:08 | 00:48:11 | 341m | 9'11"/km  |
| 16. | 141 | 00:02:14 | 00:50:25 | 212m | 10'32"/km |
| 17. | 139 | 00:01:16 | 00:51:41 | 140m | 9'03"/km  |
| 18. | 105 | 00:04:17 | 00:55:58 | 483m | 8'52"/km  |
| 19. | 120 | 00:04:45 | 01:00:43 | 327m | 14'32"/km |
| 20. | 112 | 00:04:00 | 01:04:43 | 182m | 21'59"/km |
| 21. | 114 | 00:02:26 | 01:07:09 | 217m | 11'13"/km |
| 22. | 200 | 00:02:10 | 01:09:19 | 284m | 7'38"/km  |
| 23. | 999 | 00:00:37 | 01:09:56 | 130m | 4'45"/km  |

Orienteering Software