



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Albert Jan KUIPER

K.O.L.

Omloop : LD

Afstand : 7280m

Tijd : 1:23:39 (11'29"/km)

11/17

O.K.

[Volledige uitslagen op Webres](#)

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

1.	106	00:03:55		467m	8'23"/km
2.	108	00:02:39	00:06:34	234m	11'19"/km
3.	131	00:02:12	00:08:46	170m	12'56"/km
4.	130	00:00:59	00:09:45	94m	10'28"/km
5.	158	00:09:40	00:19:25	981m	9'51"/km
6.	157	00:03:43	00:23:08	347m	10'43"/km
7.	167	00:04:13	00:27:21	304m	13'52"/km
8.	172	00:05:20	00:32:41	522m	10'13"/km
9.	165	00:03:37	00:36:18	312m	11'36"/km
10.	151	00:01:15	00:37:33	108m	11'34"/km
11.	173	00:04:39	00:42:12	413m	11'16"/km
12.	177	00:05:02	00:47:14	370m	13'36"/km
13.	179	00:04:02	00:51:16	407m	9'55"/km
14.	116	00:02:10	00:53:26	236m	9'11"/km
15.	136	00:04:11	00:57:37	341m	12'16"/km
16.	141	00:02:44	01:00:21	212m	12'54"/km
17.	139	00:01:33	01:01:54	140m	11'04"/km
18.	105	00:05:49	01:07:43	483m	12'03"/km
19.	120	00:06:19	01:14:02	327m	19'19"/km
20.	112	00:03:11	01:17:13	182m	17'29"/km
21.	114	00:03:04	01:20:17	217m	14'08"/km
22.	200	00:02:39	01:22:56	284m	9'20"/km
23.	999	00:00:43	01:23:39	130m	5'31"/km

Orienteering Software