



Regionale Hechtelse Duinen West Leopoldsburg - Hechtel 19.1.2025 K.O.L.

Adrie VAN OPSTAL

K.O.L.

Omloop : H:03

Afstand : 6510m

Tijd : 1:01:45 (9'29"/km)

12/42

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------------|---------|
| 1. Bart VAN DE MOORTELE | 0:49:48 |
| 2. Noël NIJSTEN | 0:50:45 |
| 3. Guido TIMMERS | 0:51:05 |

1.	198	00:06:07	612m	10'00"/km
2.	45	00:03:22 00:09:29	357m	9'26"/km
3.	199	00:01:14 00:10:43	140m	8'49"/km
4.	44	00:03:49 00:14:32	384m	9'56"/km
5.	62	00:04:30 00:19:02	610m	7'23"/km
6.	51	00:02:46 00:21:48	339m	8'10"/km
7.	50	00:01:53 00:23:41	182m	10'21"/km
8.	190	00:03:04 00:26:45	326m	9'24"/km
9.	49	00:03:57 00:30:42	216m	18'17"/km
10.	53	00:02:43 00:33:25	302m	9'00"/km
11.	191	00:01:01 00:34:26	129m	7'53"/km
12.	64	00:02:22 00:36:48	325m	7'17"/km
13.	195	00:02:56 00:39:44	240m	12'13"/km
14.	197	00:03:45 00:43:29	326m	11'30"/km
15.	55	00:01:35 00:45:04	196m	8'05"/km
16.	58	00:05:09 00:50:13	631m	8'10"/km
17.	59	00:02:25 00:52:38	316m	7'39"/km
18.	205	00:03:27 00:56:05	384m	8'59"/km
19.	60	00:01:44 00:57:49		
20.	40	00:02:27 01:00:16	313m	7'50"/km
21.	200	00:01:09 01:01:25	101m	11'23"/km
22.	999	00:00:20 01:01:45	60m	5'33"/km

Orienteering Software