



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Rudy ROOMAN

Antwerp Orienteers

Omloop : H50

Afstand : 8020m

Tijd : 1:13:29 (9'10"/km)

5/18

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------|---------|
| 1. Olivier CHATLAIN | 1:00:17 |
| 2. Roel VAN DE MOORTE | 1:09:48 |
| 3. Stefan THIELS | 1:10:17 |

1.	189	00:03:14		430m	7'31"/km
2.	133	00:01:16	00:04:30	205m	6'11"/km
3.	135	00:01:45	00:06:15	275m	6'22"/km
4.	123	00:02:01	00:08:16	276m	7'18"/km
5.	144	00:02:17	00:10:33	338m	6'45"/km
6.	184	00:03:35	00:14:08	549m	6'32"/km
7.	174	00:03:49	00:17:57	561m	6'48"/km
8.	177	00:03:09	00:21:06	375m	8'24"/km
9.	176	00:06:51	00:27:57	332m	20'38"/km
10.	117	00:02:35	00:30:32	189m	13'40"/km
11.	169	00:02:24	00:32:56	337m	7'07"/km
12.	108	00:07:03	00:39:59	574m	12'17"/km
13.	110	00:01:23	00:41:22	229m	6'02"/km
14.	134	00:09:16	00:50:38	552m	16'47"/km
15.	165	00:01:25	00:52:03	181m	7'50"/km
16.	180	00:10:51	01:02:54	1205m	9'00"/km
17.	102	00:02:19	01:05:13	321m	7'13"/km
18.	198	00:03:04	01:08:17	316m	9'42"/km
19.	197	00:02:18	01:10:35	213m	10'48"/km
20.	200	00:01:41	01:12:16	247m	6'49"/km
21.	999	00:01:13	01:13:29	229m	5'19"/km

Orienteering Software