



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Jeroen HOEKX

hamok

Omloop : H21

Afstand : 9410m

Tijd : 0:54:08 (5'45"/km)

3/17

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Warre DE CUYPER | 0:53:08 |
| 2. Desmond FRANSSEN | 0:53:18 |

1.	120	00:01:26		253m	5'40"/km
2.	124	00:02:12	00:03:38	401m	5'29"/km
3.	130	00:02:02	00:05:40	319m	6'22"/km
4.	140	00:02:08	00:07:48	387m	5'31"/km
5.	142	00:01:18	00:09:06	159m	8'11"/km
6.	148	00:01:13	00:10:19	238m	5'07"/km
7.	160	00:01:14	00:11:33	239m	5'10"/km
8.	158	00:01:48	00:13:21	255m	7'04"/km
9.	170	00:01:43	00:15:04	330m	5'12"/km
10.	156	00:02:13	00:17:17	416m	5'20"/km
11.	168	00:02:23	00:19:40	308m	7'44"/km
12.	169	00:00:37	00:20:17	89m	6'56"/km
13.	171	00:02:55	00:23:12	517m	5'38"/km
14.	164	00:01:17	00:24:29	187m	6'52"/km
15.	163	00:01:04	00:25:33	165m	6'28"/km
16.	138	00:05:00	00:30:33	919m	5'26"/km
17.	178	00:04:12	00:34:45	793m	5'18"/km
18.	173	00:02:15	00:37:00	414m	5'26"/km
19.	155	00:05:02	00:42:02	763m	6'36"/km
20.	154	00:01:05	00:43:07	230m	4'43"/km
21.	161	00:00:58	00:44:05	165m	5'52"/km
22.	175	00:03:19	00:47:24	638m	5'12"/km
23.	179	00:03:25	00:50:49	612m	5'35"/km
24.	112	00:01:25	00:52:14	185m	7'39"/km
25.	200	00:01:31	00:53:45	292m	5'12"/km
26.	999	00:00:23	00:54:08	130m	2'57"/km

Orienteering Software