



Vlaams kampioenschap lange afstand
Leopoldsburg 19.11.2023
K.O.L.

Rudy ROOMAN

Antwerp Orienteers

Omloop : H50

Afstand : 6740m

Tijd : 0:53:46 (7'59"/km)

6/14

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------------|---------|
| 1. Roland VAN LOON | 0:45:52 |
| 2. Jan-Gerard VAN DER TOORN | 0:47:01 |
| 3. Olivier DE SMUL | 0:48:40 |

1.	120	00:02:19		253m	9'09"/km
2.	117	00:01:14	00:03:33	154m	8'01"/km
3.	122	00:01:26	00:04:59	203m	7'04"/km
4.	103	00:01:41	00:06:40	202m	8'20"/km
5.	139	00:04:45	00:11:25	652m	7'17"/km
6.	149	00:06:06	00:17:31	310m	19'41"/km
7.	158	00:04:56	00:22:27	598m	8'15"/km
8.	166	00:02:22	00:24:49	324m	7'18"/km
9.	164	00:04:24	00:29:13	693m	6'21"/km
10.	174	00:02:08	00:31:21	325m	6'34"/km
11.	175	00:01:23	00:32:44	226m	6'07"/km
12.	150	00:02:00	00:34:44	276m	7'15"/km
13.	161	00:02:24	00:37:08	366m	6'33"/km
14.	141	00:02:18	00:39:26	298m	7'43"/km
15.	137	00:03:32	00:42:58	186m	19'00"/km
16.	145	00:02:01	00:44:59	233m	8'39"/km
17.	178	00:02:56	00:47:55	488m	6'01"/km
18.	113	00:03:01	00:50:56	487m	6'12"/km
19.	126	00:01:20	00:52:16	206m	6'28"/km
20.	200	00:00:55	00:53:11	127m	7'13"/km
21.	999	00:00:35	00:53:46	130m	4'29"/km

Orienteering Software