



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Yves DE MITS

TROL

Omloop : H50

Afstand : 6740m

Tijd : 1:03:52 (9'29"/km)

9/14

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	00:03:19		253m	13'07"/km
2.	117	00:01:14	00:04:33	154m	8'01"/km
3.	122	00:01:37	00:06:10	203m	7'58"/km
4.	103	00:01:58	00:08:08	202m	9'44"/km
5.	139	00:10:44	00:18:52	652m	16'28"/km
6.	149	00:02:59	00:21:51	310m	9'37"/km
7.	158	00:04:53	00:26:44	598m	8'10"/km
8.	166	00:02:51	00:29:35	324m	8'48"/km
9.	164	00:05:22	00:34:57	693m	7'45"/km
10.	174	00:02:50	00:37:47	325m	8'43"/km
11.	175	00:01:29	00:39:16	226m	6'34"/km
12.	150	00:02:12	00:41:28	276m	7'58"/km
13.	161	00:04:32	00:46:00	366m	12'23"/km
14.	141	00:02:50	00:48:50	298m	9'30"/km
15.	137	00:02:13	00:51:03	186m	11'55"/km
16.	145	00:01:59	00:53:02	233m	8'31"/km
17.	178	00:03:45	00:56:47	488m	7'41"/km
18.	113	00:04:12	01:00:59	487m	8'37"/km
19.	126	00:01:29	01:02:28	206m	7'12"/km
20.	200	00:00:56	01:03:24	127m	7'21"/km
21.	999	00:00:28	01:03:52	130m	3'35"/km

Orienteering Software