



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

Alfred SIMKENS

K.O.L.

Omloop : H70

Afstand : 4220m

Tijd : 0:45:12 (10'43"/km)

4/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------------|---------|
| 1. Luc HEUNINCKX | 0:40:15 |
| 2. Jean-Pierre KELLENS | 0:43:43 |
| 3. Frans WENS | 0:44:53 |

1.	121	00:06:05		364m	16'43"/km
2.	106	00:01:19	00:07:24	118m	11'09"/km
3.	108	00:02:20	00:09:44	234m	9'58"/km
4.	133	00:02:09	00:11:53	209m	10'17"/km
5.	139	00:03:26	00:15:19	311m	11'02"/km
6.	141	00:02:22	00:17:41	140m	16'54"/km
7.	161	00:03:15	00:20:56	298m	10'54"/km
8.	162	00:03:32	00:24:28	360m	9'49"/km
9.	164	00:02:49	00:27:17	248m	11'21"/km
10.	174	00:03:11	00:30:28	325m	9'48"/km
11.	176	00:03:24	00:33:52	422m	8'03"/km
12.	177	00:01:57	00:35:49	187m	10'26"/km
13.	179	00:03:45	00:39:34	407m	9'13"/km
14.	113	00:01:40	00:41:14	132m	12'38"/km
15.	126	00:02:13	00:43:27	206m	10'46"/km
16.	200	00:01:02	00:44:29	127m	8'08"/km
17.	999	00:00:43	00:45:12	130m	5'31"/km

Orienteering Software