



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

**Dominique SCHUTJES**

hamok

Omloop : H70

Afstand : 4220m

Tijd : 0:48:36 (11'31"/km)

**7/12**

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 | 00:02:50 |          | 364m | 7'47"/km  |
| 2.  | 106 | 00:01:18 | 00:04:08 | 118m | 11'01"/km |
| 3.  | 108 | 00:02:36 | 00:06:44 | 234m | 11'07"/km |
| 4.  | 133 | 00:02:43 | 00:09:27 | 209m | 13'00"/km |
| 5.  | 139 | 00:04:35 | 00:14:02 | 311m | 14'44"/km |
| 6.  | 141 | 00:02:17 | 00:16:19 | 140m | 16'19"/km |
| 7.  | 161 | 00:03:48 | 00:20:07 | 298m | 12'45"/km |
| 8.  | 162 | 00:05:31 | 00:25:38 | 360m | 15'19"/km |
| 9.  | 164 | 00:03:25 | 00:29:03 | 248m | 13'47"/km |
| 10. | 174 | 00:03:25 | 00:32:28 | 325m | 10'31"/km |
| 11. | 176 | 00:03:37 | 00:36:05 | 422m | 8'34"/km  |
| 12. | 177 | 00:02:05 | 00:38:10 | 187m | 11'08"/km |
| 13. | 179 | 00:04:06 | 00:42:16 | 407m | 10'04"/km |
| 14. | 113 | 00:01:51 | 00:44:07 | 132m | 14'01"/km |
| 15. | 126 | 00:02:41 | 00:46:48 | 206m | 13'02"/km |
| 16. | 200 | 00:01:08 | 00:47:56 | 127m | 8'55"/km  |
| 17. | 999 | 00:00:40 | 00:48:36 | 130m | 5'08"/km  |

Orienteering Software