



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

Ruud SCHONEWILLE

Borasca

Omloop : H75

Afstand : 3470m

Tijd : 1:08:22 (19'42"/km)

8/13

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------|---------|
| 1. Mike IN 'T GROEN | 0:38:32 |
| 2. Georges TIMMERMANS | 0:41:48 |
| 3. Vic VANDERSTRAETEN | 0:43:06 |

1.	101	00:02:45		230m	11'57"/km
2.	118	00:04:25	00:07:10	134m	32'58"/km
3.	124	00:06:44	00:13:54	269m	25'02"/km
4.	130	00:06:33	00:20:27	319m	20'32"/km
5.	139	00:06:49	00:27:16	309m	22'04"/km
6.	143	00:06:10	00:33:26	279m	22'06"/km
7.	150	00:08:12	00:41:38	400m	20'30"/km
8.	175	00:05:27	00:47:05	276m	19'45"/km
9.	176	00:04:22	00:51:27	202m	21'37"/km
10.	179	00:07:22	00:58:49	467m	15'46"/km
11.	126	00:06:16	01:05:05	332m	18'53"/km
12.	200	00:01:56	01:07:01	127m	15'13"/km
13.	999	00:01:21	01:08:22	130m	10'23"/km

HELGA

Orienteering Software