



# Vlaams kampioenschap lange afstand

## Leopoldsburg 19.11.2023

### K.O.L.

**Dieter SELS**

hamok

Omloop : LD

Afstand : 7280m

Tijd : 1:17:39 (10'40"/km)

**6/17**

O.K.

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- |                    |         |
|--------------------|---------|
| 1. Gérald SOUWEINE | 1:04:00 |
| 2. Thijs VAN HAM   | 1:04:13 |
| 3. Wannes VAN HAM  | 1:05:46 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 106 | 00:03:48 |          | 467m | 8'08"/km  |
| 2.  | 108 | 00:02:41 | 00:06:29 | 234m | 11'28"/km |
| 3.  | 131 | 00:01:46 | 00:08:15 | 170m | 10'24"/km |
| 4.  | 130 | 00:00:43 | 00:08:58 | 94m  | 7'37"/km  |
| 5.  | 158 | 00:09:01 | 00:17:59 | 981m | 9'11"/km  |
| 6.  | 157 | 00:03:42 | 00:21:41 | 347m | 10'40"/km |
| 7.  | 167 | 00:03:33 | 00:25:14 | 304m | 11'41"/km |
| 8.  | 172 | 00:05:28 | 00:30:42 | 522m | 10'28"/km |
| 9.  | 165 | 00:04:17 | 00:34:59 | 312m | 13'44"/km |
| 10. | 151 | 00:01:04 | 00:36:03 | 108m | 9'53"/km  |
| 11. | 173 | 00:04:09 | 00:40:12 | 413m | 10'03"/km |
| 12. | 177 | 00:04:02 | 00:44:14 | 370m | 10'54"/km |
| 13. | 179 | 00:03:19 | 00:47:33 | 407m | 8'09"/km  |
| 14. | 116 | 00:02:27 | 00:50:00 | 236m | 10'23"/km |
| 15. | 136 | 00:03:36 | 00:53:36 | 341m | 10'33"/km |
| 16. | 141 | 00:02:41 | 00:56:17 | 212m | 12'39"/km |
| 17. | 139 | 00:01:42 | 00:57:59 | 140m | 12'09"/km |
| 18. | 105 | 00:07:59 | 01:05:58 | 483m | 16'32"/km |
| 19. | 120 | 00:04:05 | 01:10:03 | 327m | 12'29"/km |
| 20. | 112 | 00:02:08 | 01:12:11 | 182m | 11'43"/km |
| 21. | 114 | 00:02:29 | 01:14:40 | 217m | 11'27"/km |
| 22. | 200 | 00:02:23 | 01:17:03 | 284m | 8'24"/km  |
| 23. | 999 | 00:00:36 | 01:17:39 | 130m | 4'37"/km  |

Orienteering Software