



**Vlaams kampioenschap lange afstand**  
**Helchterenbos - koersel 16.11.2014**  
**K.O.L.**

**Patrick VANHAEREN**

K.O.L.

Course : H45

Distance : 8600m

Time : 0:59:48 (6'57"/km)

**7/12**

O.K.

[Full result on Webres](#)

- |                |         |
|----------------|---------|
| 1. Rudy ROOMAN | 0:49:44 |
| 2. Dirk JACOBS | 0:50:17 |
| 3. Serge BAERT | 0:54:26 |

HELGA



Orienteering Software