



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

Mark VAN BRUGGEN

TROL

Omloop : H75

Afstand : 3470m

Tijd : 0:51:10 (14'45"/km)

6/13

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	00:02:28		230m	10'43"/km
2.	118	00:02:30	00:04:58	134m	18'39"/km
3.	124	00:04:32	00:09:30	269m	16'51"/km
4.	130	00:06:33	00:16:03	319m	20'32"/km
5.	139	00:04:42	00:20:45	309m	15'13"/km
6.	143	00:04:22	00:25:07	279m	15'39"/km
7.	150	00:05:34	00:30:41	400m	13'55"/km
8.	175	00:04:20	00:35:01	276m	15'42"/km
9.	176	00:03:07	00:38:08	202m	15'26"/km
10.	179	00:06:15	00:44:23	467m	13'23"/km
11.	126	00:04:20	00:48:43	332m	13'03"/km
12.	200	00:01:33	00:50:16	127m	12'12"/km
13.	999	00:00:54	00:51:10	130m	6'55"/km

HELGA

Orienteering Software