



**BK lange afstand**  
**Helchterenbos - Koersel 19.9.2021**  
**K.O.L.**

**Roel VAN DE MOORTELE**

Omega

Omloop : H45

Afstand : 8370m

Tijd : 1:00:17 (7'12"/km)

**4/28**

O.K.

[Volledige uitslagen op Webres](#)

- |                    |             |
|--------------------|-------------|
| 1. Nicolas SILLIEN | 0:51:06     |
| 2. Alain MAZY      | 0:53:27     |
| 3. Kim JANSEN      | 0:58:32,964 |

1.	138	00:02:52		384m	7'28"/km
2.	155	00:01:53	00:04:45	272m	6'55"/km
3.	147	00:02:45	00:07:30	294m	9'21"/km
4.	146	00:00:45	00:08:15	71m	10'34"/km
5.	132	00:05:08	00:13:23	704m	7'18"/km
6.	131	00:00:53	00:14:16	137m	6'27"/km
7.	113	00:04:41	00:18:57	635m	7'23"/km
8.	117	00:03:53	00:22:50	290m	13'23"/km
9.	121	00:03:00	00:25:50	466m	6'26"/km
10.	110	00:01:29	00:27:19	218m	6'48"/km
11.	123	00:04:12	00:31:31	681m	6'10"/km
12.	130	00:01:39	00:33:10	272m	6'04"/km
13.	125	00:03:42	00:36:52	549m	6'44"/km
14.	160	00:03:13	00:40:05	503m	6'24"/km
15.	163	00:00:00	00:40:05	326m	0'00"/km
16.	181	01:07:38	01:47:43	1187m	56'59"/km
17.	183	00:01:53	01:49:36	264m	7'08"/km
18.	192	00:02:56	01:52:32	328m	8'57"/km
19.	197	00:02:48	01:55:20	366m	7'39"/km
20.	200	00:01:06	01:56:26	156m	7'03"/km
21.	220	00:00:49	01:57:15	104m	7'51"/km
22.	999	00:00:43	01:57:58	165m	4'21"/km

Orienteering Software