



# Nationale lang Sonnis - Kelchterhoef

## HOUTHAIEN 1.10.2023

### K.O.L.

**Arno KEUPPENS**

Omega

Omloop : LD

Afstand : 7550m

Tijd : 0:50:08 (6'38"/km)

**1/25**

O.K.

[Volledige uitslagen op Webres](#)

2. Jeremy GENAR

0:54:54

3. Miek FABRÉ

1:02:30

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 127 | 00:04:26 |          | 549m  | 8'05"/km  |
| 2.  | 193 | 00:02:10 | 00:06:36 | 368m  | 5'53"/km  |
| 3.  | 172 | 00:02:24 | 00:09:00 | 433m  | 5'33"/km  |
| 4.  | 148 | 00:06:57 | 00:15:57 | 1083m | 6'25"/km  |
| 5.  | 165 | 00:01:54 | 00:17:51 | 275m  | 6'55"/km  |
| 6.  | 134 | 00:01:08 | 00:18:59 | 181m  | 6'16"/km  |
| 7.  | 110 | 00:02:53 | 00:21:52 | 552m  | 5'13"/km  |
| 8.  | 108 | 00:01:30 | 00:23:22 | 229m  | 6'33"/km  |
| 9.  | 186 | 00:01:26 | 00:24:48 | 164m  | 8'44"/km  |
| 10. | 194 | 00:01:56 | 00:26:44 | 312m  | 6'12"/km  |
| 11. | 116 | 00:02:59 | 00:29:43 | 324m  | 9'12"/km  |
| 12. | 136 | 00:01:26 | 00:31:09 | 133m  | 10'47"/km |
| 13. | 176 | 00:03:08 | 00:34:17 | 479m  | 6'32"/km  |
| 14. | 104 | 00:02:12 | 00:36:29 | 192m  | 11'28"/km |
| 15. | 181 | 00:03:01 | 00:39:30 | 519m  | 5'49"/km  |
| 16. | 188 | 00:04:12 | 00:43:42 | 622m  | 6'45"/km  |
| 17. | 170 | 00:02:42 | 00:46:24 | 326m  | 8'17"/km  |
| 18. | 123 | 00:01:21 | 00:47:45 | 208m  | 6'29"/km  |
| 19. | 118 | 00:01:05 | 00:48:50 | 179m  | 6'03"/km  |
| 20. | 200 | 00:00:33 | 00:49:23 | 116m  | 4'44"/km  |
| 21. | 999 | 00:00:45 | 00:50:08 | 229m  | 3'17"/km  |

Orienteering Software