



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Linda VERBRAKEN

TROL

Omloop : D50

Afstand : 5890m

Tijd : 1:09:19 (11'46"/km)

2/8

O.K.

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- | | |
|-------------------|---------|
| 1. Els SPILLEBEEN | 1:05:10 |
| 3. Geneviève NYS | 1:10:26 |

1.	133	00:03:55		436m	8'59"/km
2.	178	00:03:22	00:07:17	405m	8'19"/km
3.	198	00:02:32	00:09:49	250m	10'08"/km
4.	144	00:04:53	00:14:42	249m	19'37"/km
5.	180	00:03:11	00:17:53	270m	11'47"/km
6.	175	00:03:32	00:21:25	393m	8'59"/km
7.	131	00:05:24	00:26:49	464m	11'38"/km
8.	186	00:04:20	00:31:09	214m	20'15"/km
9.	148	00:01:49	00:32:58	188m	9'40"/km
10.	136	00:02:51	00:35:49	296m	9'38"/km
11.	168	00:03:34	00:39:23	286m	12'28"/km
12.	119	00:03:53	00:43:16	357m	10'53"/km
13.	181	00:02:36	00:45:52	264m	9'51"/km
14.	184	00:03:33	00:49:25	209m	16'59"/km
15.	121	00:03:06	00:52:31	296m	10'28"/km
16.	102	00:02:28	00:54:59	273m	9'02"/km
17.	123	00:07:33	01:02:32	433m	17'26"/km
18.	200	00:05:24	01:07:56	295m	18'18"/km
19.	999	00:01:23	01:09:19	229m	6'02"/km

Orienteering Software