



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Mia KINNAER

Omega

Omloop : D55

Afstand : 5190m

Tijd : 1:09:15 (13'21"/km)

6/7

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------------|---------|
| 1. Betty DE MEYER | 0:59:59 |
| 2. Katleen VAN DE MOORTELE | 1:02:42 |
| 3. Maria HENKES | 1:02:48 |

1.	117	00:04:53		391m	12'29"/km
2.	122	00:04:37	00:09:30	203m	22'45"/km
3.	106	00:02:00	00:11:30	139m	14'23"/km
4.	108	00:03:33	00:15:03	234m	15'10"/km
5.	138	00:06:05	00:21:08	472m	12'53"/km
6.	149	00:05:24	00:26:32	452m	11'57"/km
7.	148	00:02:12	00:28:44	121m	18'11"/km
8.	143	00:04:07	00:32:51	341m	12'04"/km
9.	162	00:06:26	00:39:17	457m	14'05"/km
10.	164	00:03:52	00:43:09	248m	15'35"/km
11.	172	00:02:55	00:46:04	172m	16'57"/km
12.	174	00:04:32	00:50:36	340m	13'20"/km
13.	145	00:03:56	00:54:32	459m	8'34"/km
14.	136	00:02:21	00:56:53	180m	13'03"/km
15.	179	00:05:28	01:02:21	400m	13'40"/km
16.	114	00:03:18	01:05:39	173m	19'05"/km
17.	200	00:02:57	01:08:36	284m	10'23"/km
18.	999	00:00:39	01:09:15	130m	5'00"/km

Orienteering Software