



Vlaams kampioenschap lange afstand
Helchterenbos - koersel 16.11.2014
K.O.L.

Anja STYNEN

hamok

Course : DB

Distance : 5000m

Time : 1:13:07 (14'37"/km)

4/4

O.K.

[Full result on Webres](#)

- | | |
|-----------------------|---------|
| 1. Natascha SPATHMANN | 1:01:16 |
| 2. Ellen DESCHEPPER | 1:03:03 |
| 3. Sonja VUJAKLIJA | 1:09:02 |

HELGA



Orienteering Software