



Regionale Lilse bergen

LILLE 15.1.2023

K.O.L.

Sonja NIJS

Omega

Omloop : D:04

Afstand : 4110m

Tijd : 0:55:04 (13'24"/km)

11/21

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 1. Linda VERBRAKEN | 0:37:35 |
| 2. Betty DE MEYER | 0:43:34 |
| 3. Els SPILLEBEEN | 0:44:47 |

1.	131	00:04:06		415m	9'53"/km
2.	103	00:02:09	00:06:15	178m	12'05"/km
3.	133	00:03:04	00:09:19	227m	13'31"/km
4.	102	00:02:21	00:11:40	145m	16'12"/km
5.	124	00:02:37	00:14:17	118m	22'11"/km
6.	120	00:01:58	00:16:15	110m	17'53"/km
7.	147	00:07:57	00:24:12	461m	17'15"/km
8.	117	00:03:36	00:27:48	278m	12'57"/km
9.	156	00:04:15	00:32:03	369m	11'31"/km
10.	145	00:02:54	00:34:57	235m	12'20"/km
11.	113	00:03:53	00:38:50	308m	12'36"/km
12.	155	00:04:33	00:43:23	310m	14'41"/km
13.	146	00:03:10	00:46:33	284m	11'09"/km
14.	122	00:05:08	00:51:41	435m	11'48"/km
15.	123	00:01:51	00:53:32	135m	13'42"/km
16.	999	00:01:32	00:55:04	103m	14'53"/km

Orienteering Software