



## Regionale Lilse bergen

LILLE 15.1.2023

K.O.L.

**Mia KINNAER**

Omega

Omloop : D:04

Afstand : 4110m

Tijd : 0:59:42 (14'32"/km)

**13/21**

O.K.

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 131 | 00:03:33 |          | 415m | 8'33"/km  |
| 2.  | 103 | 00:02:14 | 00:05:47 | 178m | 12'33"/km |
| 3.  | 133 | 00:02:14 | 00:08:01 | 227m | 9'50"/km  |
| 4.  | 102 | 00:03:54 | 00:11:55 | 145m | 26'54"/km |
| 5.  | 124 | 00:02:20 | 00:14:15 | 118m | 19'46"/km |
| 6.  | 120 | 00:02:18 | 00:16:33 | 110m | 20'55"/km |
| 7.  | 147 | 00:06:28 | 00:23:01 | 461m | 14'02"/km |
| 8.  | 117 | 00:04:09 | 00:27:10 | 278m | 14'56"/km |
| 9.  | 156 | 00:04:49 | 00:31:59 | 369m | 13'03"/km |
| 10. | 145 | 00:02:57 | 00:34:56 | 235m | 12'33"/km |
| 11. | 113 | 00:04:10 | 00:39:06 | 308m | 13'32"/km |
| 12. | 155 | 00:05:16 | 00:44:22 | 310m | 16'59"/km |
| 13. | 146 | 00:03:42 | 00:48:04 | 284m | 13'02"/km |
| 14. | 122 | 00:08:26 | 00:56:30 | 435m | 19'23"/km |
| 15. | 123 | 00:02:03 | 00:58:33 | 135m | 15'11"/km |
| 16. | 999 | 00:01:09 | 00:59:42 | 103m | 11'10"/km |

Orienteering Software