

Nationale LD
Hèvrement 12.3.2023
CO Liège

Lies PROVOOST

Omega

Circuit : D40

Distance : 4880m (Dénivelé 100m)

Temps : 1:26:16 (17'41"/km)

13/13

O.K.

[Résultats complets sur Webres](#)

- | | |
|---------------------|---------|
| 1. Lieke VAN OPSTAL | 0:47:16 |
| 2. Netsi WODAJO | 0:49:23 |
| 3. Caroline BLOCKX | 1:00:09 |

1.	79	00:05:19		466m	11'25"/km
2.	98	00:03:18	00:08:37	228m	14'28"/km
3.	125	00:06:42	00:15:19	395m	16'58"/km
4.	126	00:09:40	00:24:59	793m	12'11"/km
5.	81	00:06:21	00:31:20	531m	11'58"/km
6.	140	00:07:48	00:39:08	305m	25'34"/km
7.	80	00:12:08	00:51:16	615m	19'44"/km
8.	137	00:12:15	01:03:31	634m	19'19"/km
9.	105	00:10:47	01:14:18	418m	25'48"/km
10.	106	00:08:41	01:22:59	234m	37'06"/km
11.	96	00:02:47	01:25:46	143m	19'28"/km
12.	999	00:00:30	01:26:16	115m	4'21"/km

HELGA

Orienteering Software