



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Sandrine DEFRAIGNE

ASUB

Omloop : DE

Afstand : 12620m

Tijd : 2:14:05 (10'37"/km)

4/6

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Marine SILLIEN | 1:43:07 |
| 2. Julia KREKELS | 1:43:13 |
| 3. Greet OEYEN | 1:48:34 |

1.	133	00:03:56		436m	9'01"/km
2.	135	00:02:12	00:06:08	275m	8'00"/km
3.	123	00:03:48	00:09:56	276m	13'46"/km
4.	179	00:02:27	00:12:23	287m	8'32"/km
5.	120	00:05:32	00:17:55	707m	7'50"/km
6.	177	00:13:08	00:31:03	877m	14'59"/km
7.	106	00:02:06	00:33:09	214m	9'49"/km
8.	174	00:02:09	00:35:18	233m	9'14"/km
9.	138	00:14:30	00:49:48	1372m	10'34"/km
10.	110	00:02:35	00:52:23	222m	11'38"/km
11.	139	00:03:45	00:56:08	317m	11'50"/km
12.	137	00:04:57	01:01:05	537m	9'13"/km
13.	141	00:02:18	01:03:23	206m	11'10"/km
14.	129	00:04:46	01:08:09	482m	9'53"/km
15.	112	00:02:39	01:10:48	296m	8'57"/km
16.	126	00:09:35	01:20:23	677m	14'09"/km
17.	142	00:05:31	01:25:54	646m	8'32"/km
18.	143	00:03:42	01:29:36	349m	10'36"/km
19.	110	00:01:38	01:31:14	208m	7'51"/km
20.	134	00:05:56	01:37:10	552m	10'45"/km
21.	165	00:02:02	01:39:12	181m	11'14"/km
22.	136	00:03:47	01:42:59	410m	9'14"/km
23.	168	00:03:20	01:46:19	286m	11'39"/km
24.	176	00:04:01	01:50:20	222m	18'06"/km
25.	104	00:02:49	01:53:09	192m	14'40"/km
26.	173	00:08:12	02:01:21	756m	10'51"/km
27.	102	00:05:13	02:06:34	454m	11'29"/km
28.	193	00:03:59	02:10:33	407m	9'47"/km
29.	200	00:02:11	02:12:44	232m	9'25"/km
30.	999	00:01:21	02:14:05	229m	5'54"/km