



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Gelica DALON

Hermathenae

Omloop : D50

Afstand : 5890m

Tijd : 1:50:38 (18'47"/km)

7/8

O.K.

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- | | |
|--------------------|---------|
| 1. Els SPILLEBEEN | 1:05:10 |
| 2. Linda VERBRAKEN | 1:09:19 |
| 3. Geneviève NYS | 1:10:26 |

1.	133	00:11:17		436m	25'53"/km
2.	178	00:09:42	00:20:59	405m	23'57"/km
3.	198	00:08:11	00:29:10	250m	32'44"/km
4.	144	00:05:04	00:34:14	249m	20'21"/km
5.	180	00:03:43	00:37:57	270m	13'46"/km
6.	175	00:05:25	00:43:22	393m	13'47"/km
7.	131	00:07:39	00:51:01	464m	16'29"/km
8.	186	00:11:40	01:02:41	214m	54'31"/km
9.	148	00:04:00	01:06:41	188m	21'17"/km
10.	136	00:03:43	01:10:24	296m	12'33"/km
11.	168	00:06:54	01:17:18	286m	24'08"/km
12.	119	00:06:38	01:23:56	357m	18'35"/km
13.	181	00:04:41	01:28:37	264m	17'44"/km
14.	184	00:03:17	01:31:54	209m	15'43"/km
15.	121	00:03:14	01:35:08	296m	10'55"/km
16.	102	00:03:12	01:38:20	273m	11'43"/km
17.	123	00:06:16	01:44:36	433m	14'28"/km
18.	200	00:04:40	01:49:16	295m	15'49"/km
19.	999	00:01:22	01:50:38	229m	5'58"/km

Orienteering Software