



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Ellen HOUBEN

hamok

Omloop : D35

Afstand : 6740m

Tijd : 1:04:19 (9'33"/km)

1/3

O.K.

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- | | |
|---------------------|---------|
| 2. An NUYTS | 1:14:28 |
| 3. Marjolein SIMONS | 1:40:03 |

1.	120	00:02:51		253m	11'16"/km
2.	117	00:02:10	00:05:01	154m	14'04"/km
3.	122	00:02:01	00:07:02	203m	9'56"/km
4.	103	00:03:28	00:10:30	202m	17'10"/km
5.	139	00:06:06	00:16:36	652m	9'21"/km
6.	149	00:03:11	00:19:47	310m	10'16"/km
7.	158	00:05:34	00:25:21	598m	9'19"/km
8.	166	00:02:40	00:28:01	324m	8'14"/km
9.	164	00:05:35	00:33:36	693m	8'03"/km
10.	174	00:02:55	00:36:31	325m	8'58"/km
11.	175	00:01:39	00:38:10	226m	7'18"/km
12.	150	00:02:32	00:40:42	276m	9'11"/km
13.	161	00:03:06	00:43:48	366m	8'28"/km
14.	141	00:03:08	00:46:56	298m	10'31"/km
15.	137	00:04:38	00:51:34	186m	24'55"/km
16.	145	00:01:49	00:53:23	233m	7'48"/km
17.	178	00:03:37	00:57:00	488m	7'25"/km
18.	113	00:04:26	01:01:26	487m	9'06"/km
19.	126	00:01:33	01:02:59	206m	7'31"/km
20.	200	00:00:49	01:03:48	127m	6'26"/km
21.	999	00:00:31	01:04:19	130m	3'58"/km

Orienteering Software