



Vlaams kampioenschap lange afstand
Leopoldsburg 19.11.2023
K.O.L.

Ellen BOURGONJON

TROL

Omloop : D40

Afstand : 6460m

Tijd : 1:08:17 (10'34"/km)

4/8

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Lieke VAN OPSTAL | 0:58:15 |
| 2. Sofie HERREMANS | 1:01:54 |
| 3. Ellen MOLS | 1:03:37 |

1.	119	00:02:18		335m	6'52"/km
2.	104	00:02:18	00:04:36	196m	11'44"/km
3.	133	00:06:06	00:10:42	243m	25'06"/km
4.	138	00:02:42	00:13:24	263m	10'16"/km
5.	136	00:02:37	00:16:01		
6.	137	00:02:05	00:18:06		
7.	153	00:04:30	00:22:36	583m	7'43"/km
8.	155	00:01:29	00:24:05	133m	11'09"/km
9.	143	00:03:30	00:27:35	363m	9'39"/km
10.	142	00:01:15	00:28:50	128m	9'46"/km
11.	148	00:01:44	00:30:34	238m	7'17"/km
12.	166	00:07:59	00:38:33	793m	10'04"/km
13.	171	00:06:36	00:45:09	712m	9'16"/km
14.	172	00:01:34	00:46:43	113m	13'52"/km
15.	174	00:03:19	00:50:02	340m	9'45"/km
16.	173	00:02:36	00:52:38	272m	9'34"/km
17.	176	00:01:43	00:54:21	229m	7'30"/km
18.	178	00:04:47	00:59:08	238m	20'06"/km
19.	179	00:03:03	01:02:11	407m	7'30"/km
20.	112	00:01:54	01:04:05	185m	10'16"/km
21.	127	00:02:29	01:06:34	229m	10'51"/km
22.	200	00:01:08	01:07:42	139m	8'09"/km
23.	999	00:00:35	01:08:17	130m	4'29"/km

Orienteering Software