



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Netsi WODAJO

TROL

Omloop : D40

Afstand : 6460m

Tijd : 1:08:56 (10'40"/km)

5/8

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	00:02:32		335m	7'34"/km
2.	104	00:03:56	00:06:28	196m	20'04"/km
3.	133	00:02:52	00:09:20	243m	11'48"/km
4.	138	00:05:25	00:14:45	263m	20'36"/km
5.	137	00:06:22	00:21:07	191m	33'20"/km
6.	153	00:04:35	00:25:42	583m	7'52"/km
7.	155	00:01:41	00:27:23	133m	12'39"/km
8.	143	00:03:20	00:30:43	363m	9'11"/km
9.	142	00:01:31	00:32:14	128m	11'51"/km
10.	148	00:01:33	00:33:47	238m	6'31"/km
11.	166	00:06:12	00:39:59	793m	7'49"/km
12.	171	00:06:44	00:46:43	712m	9'27"/km
13.	172	00:01:29	00:48:12	113m	13'08"/km
14.	174	00:03:01	00:51:13	340m	8'52"/km
15.	173	00:02:25	00:53:38	272m	8'53"/km
16.	176	00:02:01	00:55:39	229m	8'48"/km
17.	178	00:03:00	00:58:39	238m	12'36"/km
18.	179	00:03:12	01:01:51	407m	7'52"/km
19.	112	00:02:32	01:04:23	185m	13'42"/km
20.	127	00:02:46	01:07:09	229m	12'05"/km
21.	200	00:01:14	01:08:23	139m	8'52"/km
22.	999	00:00:33	01:08:56	130m	4'14"/km

Orienteering Software