



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Maria HENKES

O.L.G. St. Vith ARDOC

Omloop : D55

Afstand : 5190m

Tijd : 1:02:48 (12'06"/km)

3/7

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------------|---------|
| 1. Betty DE MEYER | 0:59:59 |
| 2. Katleen VAN DE MOORTELE | 1:02:42 |

1.	117	00:04:57		391m	12'40"/km
2.	122	00:01:59	00:06:56	203m	9'46"/km
3.	106	00:01:58	00:08:54	139m	14'09"/km
4.	108	00:02:51	00:11:45	234m	12'11"/km
5.	138	00:08:43	00:20:28	472m	18'28"/km
6.	149	00:05:07	00:25:35	452m	11'19"/km
7.	148	00:03:31	00:29:06	121m	29'04"/km
8.	143	00:03:06	00:32:12	341m	9'05"/km
9.	162	00:04:35	00:36:47	457m	10'02"/km
10.	164	00:05:28	00:42:15	248m	22'03"/km
11.	172	00:02:12	00:44:27	172m	12'47"/km
12.	174	00:03:35	00:48:02	340m	10'32"/km
13.	145	00:03:33	00:51:35	459m	7'44"/km
14.	136	00:01:47	00:53:22	180m	9'54"/km
15.	179	00:03:48	00:57:10	400m	9'30"/km
16.	114	00:02:42	00:59:52	173m	15'36"/km
17.	200	00:02:16	01:02:08	284m	7'59"/km
18.	999	00:00:40	01:02:48	130m	5'08"/km

Orienteering Software