



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

Els PUT

Omega

Omloop : D60

Afstand : 4220m

Tijd : 0:45:36 (10'48"/km)

3/7

O.K.

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- | | |
|--------------------|---------|
| 1. Linda VERBRAKEN | 0:38:12 |
| 2. Leen WOUTERS | 0:42:32 |

1.	121	00:02:39		364m	7'17"/km
2.	106	00:01:15	00:03:54	118m	10'36"/km
3.	108	00:02:26	00:06:20	234m	10'24"/km
4.	133	00:02:29	00:08:49	209m	11'53"/km
5.	139	00:05:08	00:13:57	311m	16'30"/km
6.	141	00:01:43	00:15:40	140m	12'16"/km
7.	161	00:03:18	00:18:58	298m	11'04"/km
8.	162	00:03:58	00:22:56	360m	11'01"/km
9.	164	00:03:20	00:26:16	248m	13'26"/km
10.	174	00:04:55	00:31:11	325m	15'08"/km
11.	176	00:03:25	00:34:36	422m	8'06"/km
12.	177	00:01:59	00:36:35	187m	10'36"/km
13.	179	00:03:27	00:40:02	407m	8'29"/km
14.	113	00:01:47	00:41:49	132m	13'31"/km
15.	126	00:01:59	00:43:48	206m	9'38"/km
16.	200	00:01:06	00:44:54	127m	8'40"/km
17.	999	00:00:42	00:45:36	130m	5'23"/km

Orienteering Software