



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

Lily-Anne COLE

TROL

Omloop : D65

Afstand : 3470m

Tijd : 1:16:00 (21'54"/km)

7/9

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------|---------|
| 1. Julienne VANREUSEL | 0:38:42 |
| 2. Simonne SILVI | 0:46:30 |
| 3. Liset HENDRICKX | 0:47:05 |

1.	101	00:02:09		230m	9'21"/km
2.	118	00:02:32	00:04:41	134m	18'54"/km
3.	124	00:04:18	00:08:59	269m	15'59"/km
4.	130	00:06:44	00:15:43	319m	21'06"/km
5.	139	00:05:50	00:21:33	309m	18'53"/km
6.	143	00:05:26	00:26:59	279m	19'28"/km
7.	150	00:21:27	00:48:26	400m	53'37"/km
8.	175	00:06:42	00:55:08	276m	24'17"/km
9.	176	00:03:22	00:58:30	202m	16'40"/km
10.	179	00:09:41	01:08:11	467m	20'44"/km
11.	126	00:04:40	01:12:51	332m	14'03"/km
12.	200	00:01:52	01:14:43	127m	14'42"/km
13.	999	00:01:17	01:16:00	130m	9'52"/km

HELGA

Orienteering Software