

# CB Longue Distance

## Lagland 1.9.2024

### CO Liège

**Lieke VAN OPSTAL**

K.O.L.

Circuit : D40

Distance : 6500m (Dénivelé 135m)

Temps : 1:18:58 (12'09"/km)

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O.K.

[Résultats complets sur Webres](#)

|                 |         |
|-----------------|---------|
| 1. Kim GEYPEN   | 1:03:39 |
| 3. Netsi WODAJÓ | 1:24:26 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 149 | 00:02:53 |          | 306m  | 9'25"/km  |
| 2.  | 116 | 00:02:41 | 00:05:34 | 213m  | 12'36"/km |
| 3.  | 138 | 00:02:12 | 00:07:46 | 277m  | 7'57"/km  |
| 4.  | 118 | 00:05:02 | 00:12:48 | 302m  | 16'40"/km |
| 5.  | 107 | 00:02:38 | 00:15:26 | 204m  | 12'55"/km |
| 6.  | 137 | 00:01:29 | 00:16:55 | 133m  | 11'09"/km |
| 7.  | 121 | 00:04:45 | 00:21:40 | 514m  | 9'14"/km  |
| 8.  | 142 | 00:03:59 | 00:25:39 | 438m  | 9'06"/km  |
| 9.  | 139 | 00:01:53 | 00:27:32 | 207m  | 9'06"/km  |
| 10. | 141 | 00:05:31 | 00:33:03 | 450m  | 12'16"/km |
| 11. | 87  | 00:02:08 | 00:35:11 | 199m  | 10'43"/km |
| 12. | 90  | 00:15:44 | 00:50:55 | 1236m | 12'44"/km |
| 13. | 123 | 00:01:45 | 00:52:40 | 119m  | 14'42"/km |
| 14. | 161 | 00:09:22 | 01:02:02 | 427m  | 21'56"/km |
| 15. | 100 | 00:07:42 | 01:09:44 | 476m  | 16'11"/km |
| 16. | 145 | 00:01:18 | 01:11:02 | 112m  | 11'36"/km |
| 17. | 104 | 00:02:40 | 01:13:42 | 257m  | 10'23"/km |
| 18. | 147 | 00:01:17 | 01:14:59 | 102m  | 12'35"/km |
| 19. | 165 | 00:03:31 | 01:18:30 | 400m  | 8'47"/km  |
| 20. | 999 | 00:00:28 | 01:18:58 | 108m  | 4'19"/km  |

Orienteering Software