



Nationale lang Sonnis - Kelchterhoef

HOUTHALEN 1.10.2023

K.O.L.

Florence BASTIN

CO Liège

Omloop : D50

Afstand : 5890m

Tijd : 1:13:52 (12'32"/km)

4/8

O.K.

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- | | |
|--------------------|---------|
| 1. Els SPILLEBEEN | 1:05:10 |
| 2. Linda VERBRAKEN | 1:09:19 |
| 3. Geneviève NYS | 1:10:26 |

1.	133	00:04:55		436m	11'17"/km
2.	178	00:03:39	00:08:34	405m	9'01"/km
3.	198	00:02:42	00:11:16	250m	10'48"/km
4.	144	00:05:32	00:16:48	249m	22'13"/km
5.	180	00:02:43	00:19:31	270m	10'04"/km
6.	175	00:04:32	00:24:03	393m	11'32"/km
7.	131	00:05:09	00:29:12	464m	11'06"/km
8.	186	00:04:42	00:33:54	214m	21'58"/km
9.	148	00:01:59	00:35:53	188m	10'33"/km
10.	136	00:03:21	00:39:14	296m	11'19"/km
11.	168	00:04:50	00:44:04	286m	16'54"/km
12.	119	00:05:10	00:49:14	357m	14'28"/km
13.	181	00:03:53	00:53:07	264m	14'43"/km
14.	184	00:03:20	00:56:27	209m	15'57"/km
15.	121	00:04:31	01:00:58	296m	15'16"/km
16.	102	00:02:48	01:03:46	273m	10'15"/km
17.	123	00:05:46	01:09:32	433m	13'19"/km
18.	200	00:02:56	01:12:28	295m	9'57"/km
19.	999	00:01:24	01:13:52	229m	6'07"/km

Orienteering Software