



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

Lies DEFERME

hamok

Omloop : D21

Afstand : 7530m

Tijd : 1:10:25 (9'21"/km)

3/6

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Greet OEYEN | 0:55:57 |
| 2. Julia KREKELS | 1:02:19 |

1.	102	00:03:24		287m	11'51"/km
2.	106	00:03:29	00:06:53	304m	11'28"/km
3.	124	00:01:08	00:08:01	108m	10'30"/km
4.	139	00:05:50	00:13:51	568m	10'16"/km
5.	148	00:02:34	00:16:25	351m	7'19"/km
6.	160	00:02:02	00:18:27	239m	8'30"/km
7.	158	00:02:36	00:21:03	255m	10'12"/km
8.	166	00:02:35	00:23:38	324m	7'58"/km
9.	167	00:03:31	00:27:09	328m	10'43"/km
10.	172	00:04:32	00:31:41	522m	8'41"/km
11.	174	00:03:43	00:35:24	340m	10'56"/km
12.	173	00:02:48	00:38:12	272m	10'18"/km
13.	177	00:02:59	00:41:11	370m	8'04"/km
14.	145	00:02:59	00:44:10	444m	6'43"/km
15.	164	00:05:29	00:49:39	623m	8'48"/km
16.	155	00:04:30	00:54:09	335m	13'26"/km
17.	142	00:04:05	00:58:14	477m	8'34"/km
18.	136	00:03:49	01:02:03	395m	9'40"/km
19.	179	00:03:53	01:05:56	400m	9'42"/km
20.	113	00:01:10	01:07:06	132m	8'50"/km
21.	126	00:02:08	01:09:14	206m	10'21"/km
22.	200	00:00:45	01:09:59	127m	5'54"/km
23.	999	00:00:26	01:10:25	130m	3'20"/km

Orienteering Software