



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Emma MAES

K.O.L.

Omloop : D21

Afstand : 7530m

Tijd : 1:25:57 (11'25"/km)

4/6

O.K.

[Volledige uitslagen op Webres](#)

1. Greet OEYEN	0:55:57
2. Julia KREKELS	1:02:19
3. Lies DEFERME	1:10:25

1.	102	00:02:59		287m	10'24"/km
2.	106	00:03:02	00:06:01	304m	9'59"/km
3.	124	00:01:03	00:07:04	108m	9'43"/km
4.	139	00:05:53	00:12:57	568m	10'21"/km
5.	148	00:03:17	00:16:14	351m	9'21"/km
6.	160	00:02:27	00:18:41	239m	10'15"/km
7.	158	00:03:24	00:22:05	255m	13'20"/km
8.	166	00:04:42	00:26:47	324m	14'30"/km
9.	167	00:04:20	00:31:07	328m	13'13"/km
10.	172	00:05:13	00:36:20	522m	10'00"/km
11.	174	00:06:26	00:42:46	340m	18'55"/km
12.	173	00:03:58	00:46:44	272m	14'35"/km
13.	177	00:03:37	00:50:21	370m	9'46"/km
14.	145	00:03:57	00:54:18	444m	8'54"/km
15.	164	00:07:25	01:01:43	623m	11'54"/km
16.	155	00:04:21	01:06:04	335m	12'59"/km
17.	142	00:05:38	01:11:42	477m	11'49"/km
18.	136	00:04:32	01:16:14	395m	11'29"/km
19.	179	00:03:47	01:20:01	400m	9'27"/km
20.	113	00:01:41	01:21:42	132m	12'45"/km
21.	126	00:02:21	01:24:03	206m	11'24"/km
22.	200	00:01:12	01:25:15	127m	9'27"/km
23.	999	00:00:42	01:25:57	130m	5'23"/km

Orienteering Software