



# Vlaams kampioenschap lange afstand

## Leopoldsburg 19.11.2023

### K.O.L.

**Ellen MOLS**

hamok

Omloop : D40

Afstand : 6460m

Tijd : 1:03:37 (9'51"/km)

**3/8**

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Lieke VAN OPSTAL | 0:58:15 |
| 2. Sofie HERREMANS  | 1:01:54 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 119 | 00:04:58 |          | 335m | 14'50"/km |
| 2.  | 104 | 00:01:30 | 00:06:28 | 196m | 7'39"/km  |
| 3.  | 133 | 00:02:14 | 00:08:42 | 243m | 9'11"/km  |
| 4.  | 138 | 00:04:52 | 00:13:34 | 263m | 18'30"/km |
| 5.  | 137 | 00:01:48 | 00:15:22 | 191m | 9'25"/km  |
| 6.  | 153 | 00:04:35 | 00:19:57 | 583m | 7'52"/km  |
| 7.  | 155 | 00:01:24 | 00:21:21 | 133m | 10'32"/km |
| 8.  | 143 | 00:03:07 | 00:24:28 | 363m | 8'35"/km  |
| 9.  | 142 | 00:01:06 | 00:25:34 | 128m | 8'36"/km  |
| 10. | 148 | 00:01:45 | 00:27:19 | 238m | 7'21"/km  |
| 11. | 166 | 00:07:54 | 00:35:13 | 793m | 9'58"/km  |
| 12. | 171 | 00:06:30 | 00:41:43 | 712m | 9'08"/km  |
| 13. | 172 | 00:01:23 | 00:43:06 | 113m | 12'15"/km |
| 14. | 174 | 00:02:58 | 00:46:04 | 340m | 8'44"/km  |
| 15. | 173 | 00:02:17 | 00:48:21 | 272m | 8'24"/km  |
| 16. | 176 | 00:02:13 | 00:50:34 | 229m | 9'41"/km  |
| 17. | 178 | 00:02:50 | 00:53:24 | 238m | 11'54"/km |
| 18. | 179 | 00:03:13 | 00:56:37 | 407m | 7'54"/km  |
| 19. | 112 | 00:02:54 | 00:59:31 | 185m | 15'41"/km |
| 20. | 127 | 00:02:34 | 01:02:05 | 229m | 11'12"/km |
| 21. | 200 | 00:01:01 | 01:03:06 | 139m | 7'19"/km  |
| 22. | 999 | 00:00:31 | 01:03:37 | 130m | 3'58"/km  |

Orienteering Software