



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Els SPILLEBEEN

Omega

Omloop : D50

Afstand : 6140m

Tijd : 1:05:08 (10'36"/km)

2/4

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------|---------|
| 1. Ellen DE BIE | 1:01:58 |
| 3. Caroline MARGREVE | 1:06:45 |

1.	122	00:02:20		330m	7'04"/km
2.	106	00:01:43	00:04:03	139m	12'21"/km
3.	124	00:01:11	00:05:14	108m	10'57"/km
4.	105	00:01:32	00:06:46	134m	11'27"/km
5.	132	00:03:01	00:09:47	273m	11'03"/km
6.	140	00:03:35	00:13:22	336m	10'40"/km
7.	177	00:08:27	00:21:49	843m	10'01"/km
8.	173	00:03:56	00:25:45	370m	10'38"/km
9.	175	00:01:41	00:27:26	172m	9'47"/km
10.	172	00:05:55	00:33:21	562m	10'32"/km
11.	171	00:01:55	00:35:16	113m	16'58"/km
12.	163	00:02:54	00:38:10	250m	11'36"/km
13.	153	00:02:53	00:41:03	229m	12'35"/km
14.	148	00:07:34	00:48:37	695m	10'53"/km
15.	138	00:07:27	00:56:04	495m	15'03"/km
16.	179	00:04:14	01:00:18	482m	8'47"/km
17.	114	00:01:47	01:02:05	173m	10'18"/km
18.	126	00:01:15	01:03:20	177m	7'04"/km
19.	200	00:01:07	01:04:27	127m	8'48"/km
20.	999	00:00:41	01:05:08	130m	5'15"/km

Orienteering Software