



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Greta MOLS

hamok

Omloop : D60

Afstand : 4220m

Tijd : 0:49:45 (11'47"/km)

4/7

O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Linda VERBRAKEN | 0:38:12 |
| 2. Leen WOUTERS | 0:42:32 |
| 3. Els PUT | 0:45:36 |

1.	121	00:03:06		364m	8'31"/km
2.	106	00:01:55	00:05:01	118m	16'15"/km
3.	108	00:03:12	00:08:13	234m	13'41"/km
4.	133	00:03:28	00:11:41	209m	16'35"/km
5.	139	00:04:11	00:15:52	311m	13'27"/km
6.	141	00:02:17	00:18:09	140m	16'19"/km
7.	161	00:04:37	00:22:46	298m	15'30"/km
8.	162	00:03:50	00:26:36	360m	10'39"/km
9.	164	00:03:02	00:29:38	248m	12'14"/km
10.	174	00:04:02	00:33:40	325m	12'25"/km
11.	176	00:02:58	00:36:38	422m	7'02"/km
12.	177	00:02:43	00:39:21	187m	14'32"/km
13.	179	00:05:09	00:44:30	407m	12'39"/km
14.	113	00:01:41	00:46:11	132m	12'45"/km
15.	126	00:01:57	00:48:08	206m	9'28"/km
16.	200	00:01:00	00:49:08	127m	7'52"/km
17.	999	00:00:37	00:49:45	130m	4'45"/km

Orienteering Software