



Vlaams kampioenschap lange afstand

Leopoldsburg 19.11.2023

K.O.L.

Lieve FEYS

Omega

Omloop : D70

Afstand : 3170m

Tijd : 1:08:32 (21'37"/km)

8/8

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Odette MORET | 0:37:28 |
| 2. Paulette BLOMMEN | 0:41:37 |
| 3. Lisette EYKMANS | 0:42:15 |

1.	102	00:07:42		287m	26'50"/km
2.	105	00:05:17	00:12:59	276m	19'09"/km
3.	132	00:05:22	00:18:21	273m	19'39"/km
4.	139	00:05:00	00:23:21	263m	19'01"/km
5.	141	00:04:17	00:27:38	140m	30'36"/km
6.	145	00:09:02	00:36:40	369m	24'29"/km
7.	146	00:04:54	00:41:34	160m	30'38"/km
8.	176	00:04:14	00:45:48	174m	24'20"/km
9.	178	00:06:13	00:52:01	238m	26'07"/km
10.	179	00:08:09	01:00:10	407m	20'01"/km
11.	126	00:05:55	01:06:05	332m	17'49"/km
12.	200	00:01:40	01:07:45	127m	13'07"/km
13.	999	00:00:47	01:08:32	130m	6'02"/km

HELGA

Orienteering Software