



Vlaams kampioenschap lange afstand
Leopoldsburg 19.11.2023
K.O.L.

Ellen DE BIE

Omega

Omloop : D50

Afstand : 6140m

Tijd : 1:01:58 (10'06"/km)

1/4

O.K.

[Volledige uitslagen op Webres](#)

2. Els SPILLEBEEN 1:05:08
3. Caroline MARGREVE 1:06:45

1.	122	00:02:30		330m	7'35"/km
2.	106	00:01:46	00:04:16	139m	12'43"/km
3.	124	00:01:12	00:05:28	108m	11'07"/km
4.	105	00:01:37	00:07:05	134m	12'04"/km
5.	132	00:03:02	00:10:07	273m	11'07"/km
6.	140	00:03:48	00:13:55	336m	11'19"/km
7.	177	00:08:27	00:22:22	843m	10'01"/km
8.	173	00:03:17	00:25:39	370m	8'52"/km
9.	175	00:01:37	00:27:16	172m	9'24"/km
10.	172	00:04:54	00:32:10	562m	8'43"/km
11.	171	00:01:45	00:33:55	113m	15'29"/km
12.	163	00:02:59	00:36:54	250m	11'56"/km
13.	153	00:03:34	00:40:28	229m	15'34"/km
14.	148	00:07:00	00:47:28	695m	10'04"/km
15.	138	00:05:32	00:53:00	495m	11'11"/km
16.	179	00:04:13	00:57:13	482m	8'45"/km
17.	114	00:01:46	00:58:59	173m	10'13"/km
18.	126	00:01:20	01:00:19	177m	7'32"/km
19.	200	00:01:04	01:01:23	127m	8'24"/km
20.	999	00:00:35	01:01:58	130m	4'29"/km

Orienteering Software