



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

Lia DE KERF

TROL

Omloop : D70

Afstand : 3170m

Tijd : 1:00:44 (19'10"/km)

7/8

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	00:07:02		287m	24'30"/km
2.	105	00:07:28	00:14:30	276m	27'03"/km
3.	132	00:06:25	00:20:55	273m	23'30"/km
4.	139	00:06:01	00:26:56	263m	22'53"/km
5.	141	00:03:39	00:30:35	140m	26'04"/km
6.	145	00:05:57	00:36:32	369m	16'07"/km
7.	146	00:02:00	00:38:32	160m	12'30"/km
8.	176	00:02:43	00:41:15	174m	15'37"/km
9.	178	00:03:52	00:45:07	238m	16'15"/km
10.	179	00:08:02	00:53:09	407m	19'44"/km
11.	126	00:04:40	00:57:49	332m	14'03"/km
12.	200	00:01:46	00:59:35	127m	13'55"/km
13.	999	00:01:09	01:00:44	130m	8'51"/km

HELGA

Orienteering Software