



# Vlaams kampioenschap lange afstand

## Leopoldsburg 19.11.2023

### K.O.L.

**Liesbeth GERRITS**

SAS oriëntatie

Omloop : SE

Afstand : 4190m

Tijd : 1:42:45 (24'31"/km)

**12/19**

O.K.

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- |                   |         |
|-------------------|---------|
| 1. Egwin COESSENS | 0:45:33 |
| 2. Anja STYNEN    | 0:58:42 |
| 3. Ludo AERTS     | 1:06:33 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 121 | 00:13:47 |          | 364m | 37'52"/km |
| 2.  | 110 | 00:05:03 | 00:18:50 | 230m | 21'57"/km |
| 3.  | 133 | 00:05:38 | 00:24:28 | 203m | 27'45"/km |
| 4.  | 129 | 00:05:48 | 00:30:16 | 229m | 25'20"/km |
| 5.  | 149 | 00:13:21 | 00:43:37 | 378m | 35'19"/km |
| 6.  | 154 | 00:11:57 | 00:55:34 | 488m | 24'29"/km |
| 7.  | 144 | 00:07:04 | 01:02:38 | 410m | 17'14"/km |
| 8.  | 151 | 00:07:01 | 01:09:39 | 282m | 24'53"/km |
| 9.  | 175 | 00:07:40 | 01:17:19 | 285m | 26'54"/km |
| 10. | 146 | 00:04:42 | 01:22:01 | 252m | 18'39"/km |
| 11. | 179 | 00:08:02 | 01:30:03 | 363m | 22'08"/km |
| 12. | 115 | 00:04:28 | 01:34:31 | 203m | 22'00"/km |
| 13. | 128 | 00:03:13 | 01:37:44 | 166m | 19'23"/km |
| 14. | 200 | 00:03:23 | 01:41:07 | 214m | 15'49"/km |
| 15. | 999 | 00:01:38 | 01:42:45 | 130m | 12'34"/km |

Orienteering Software