



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Linda VERBRAKEN

TROL

Omloop : D55

Afstand : 4990m (Hoogteverschil 160m)

Tijd : 1:03:26 (12'43"/km)

1/7

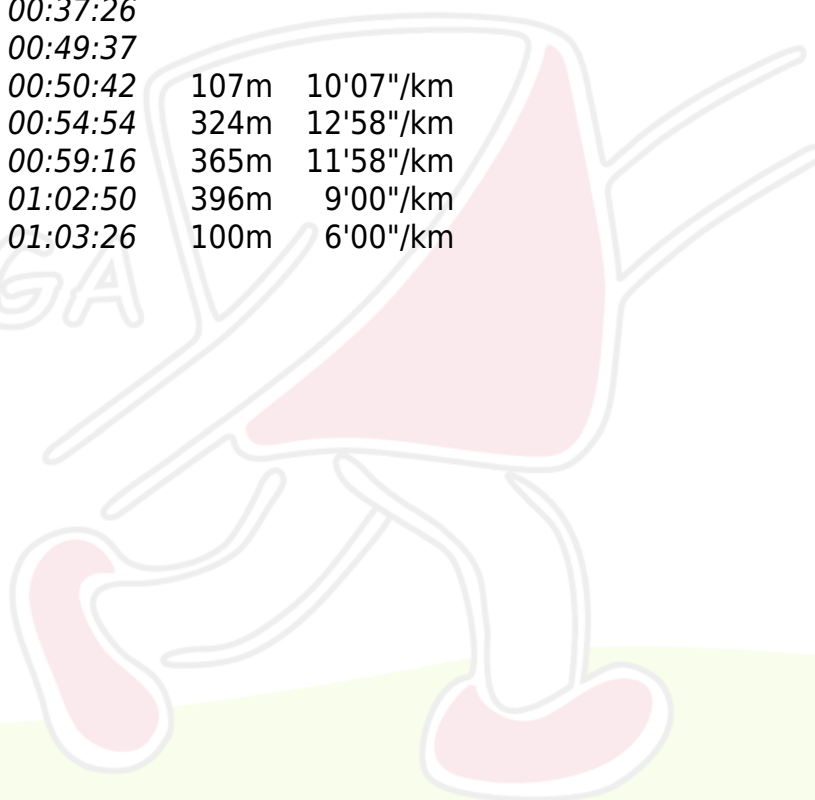
O.K.

[Volledige uitslagen op Webres](#)

2. Marijs VANDEWEYER 1:05:00
3. Leen WOUTERS 1:06:29

1.	165	00:10:41		931m	11'29"/km
2.	163	00:04:54	00:15:35	372m	13'10"/km
3.	122	00:02:05	00:17:40	222m	9'23"/km
4.	118	00:06:08	00:23:48	554m	11'04"/km
5.	159	00:03:58	00:27:46	393m	10'06"/km
6.	174	00:03:15	00:31:01	280m	11'36"/km
7.	160	00:05:41	00:36:42	223m	25'29"/km
8.	173	00:00:44	00:37:26		
9.	121	00:12:11	00:49:37		
10.	151	00:01:05	00:50:42	107m	10'07"/km
11.	152	00:04:12	00:54:54	324m	12'58"/km
12.	145	00:04:22	00:59:16	365m	11'58"/km
13.	120	00:03:34	01:02:50	396m	9'00"/km
14.	999	00:00:36	01:03:26	100m	6'00"/km

HELGA



Orienteering Software