Nationale Lange afstand
Dilsenerbos 6.11.2021
Omega

Marie-Christine METTEN
K.O.L.
Omloop : D60
Afstand : 4330m (Hoogteverschil 120m)
Tijd : 1:39:44 (23'02"/km)

4/5 O.K.

Volledige uitslagen op Webres

1. Els PUT 0:55:42
2. Odette MORET 1:10:30
3. Chantal GILLES 1:20:24

1.	160	00:12:13		581m	21'02"/km
2.	118	00:09:41	*00:21:54*	504m	19'13"/km
3.	166	00:12:25	*00:34:19*	640m	19'24"/km
4.	123	00:02:40	*00:36:59*	141m	18'55"/km
5.	159	00:11:50	*00:48:49*	235m	50'21"/km
6.	174	00:05:35	*00:54:24*	280m	19'56"/km
7.	165	00:07:49	*01:02:13*	454m	17'13"/km
8.	176	00:10:48	*01:13:01*	307m	35'11"/km
9.	171	00:06:30	*01:19:31*	262m	24'49"/km
10.	117	00:07:48	*01:27:19*	230m	33'55"/km
11.	120	00:11:41	*01:39:00*	468m	24'58"/km
12.	999	00:00:44	*01:39:44*	100m	7'20"/km

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