



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Simonne SILVI

K.O.L.

Omloop : D65

Afstand : 3140m (Hoogteverschil 90m)

Tijd : 0:53:30,265 (17'02"/km)

8/9

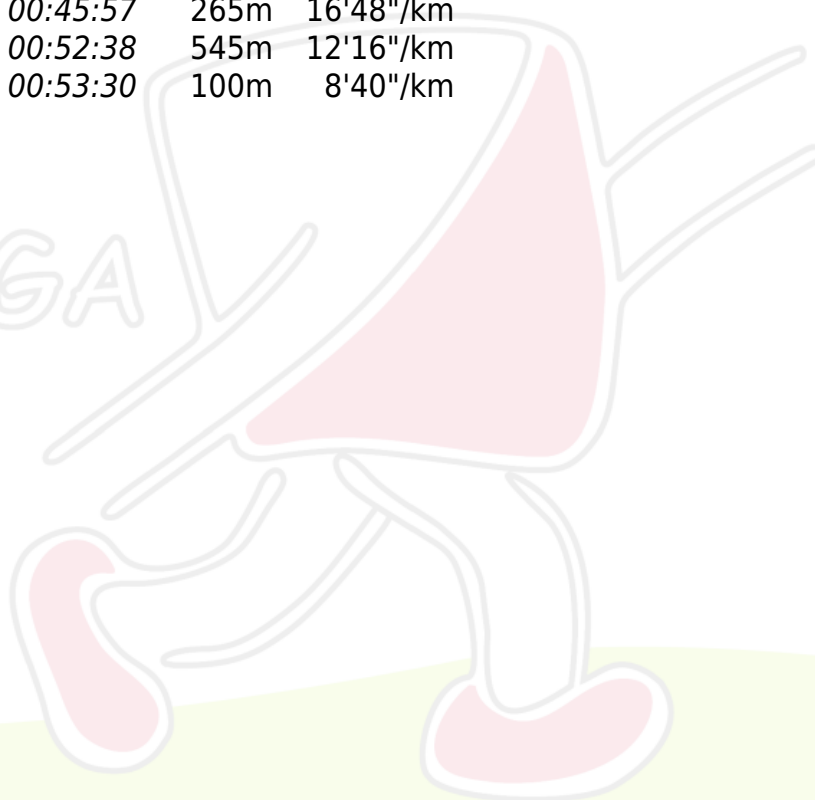
O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------|---------|
| 1. Lea SWINNEN | 0:36:04 |
| 2. Nicole VANHEES | 0:44:51 |
| 3. Elisabeth VLIENEN | 0:45:53 |

1.	136	00:07:43		474m	16'17"/km
2.	174	00:02:20	00:10:03	126m	18'31"/km
3.	123	00:10:26	00:20:29	402m	25'57"/km
4.	166	00:05:39	00:26:08	141m	40'04"/km
5.	167	00:07:21	00:33:29	357m	20'35"/km
6.	175	00:03:42	00:37:11	286m	12'56"/km
7.	165	00:04:19	00:41:30	319m	13'32"/km
8.	137	00:04:27	00:45:57	265m	16'48"/km
9.	120	00:06:41	00:52:38	545m	12'16"/km
10.	999	00:00:52	00:53:30	100m	8'40"/km

HELGA



Orienteering Software