



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Kim JANSEN

Omega

Omloop : H45

Afstand : 8280m (Hoogteverschil 160m)

Tijd : 1:11:01,234 (8'35"/km)

1/15

O.K.

[Volledige uitslagen op Webres](#)

2. Guido LENGES	1:12:29
3. Marc KERCKHOFS	1:13:28,691

1.	166	00:06:30		857m	7'35"/km
2.	135	00:04:30	00:11:00	613m	7'20"/km
3.	134	00:02:56	00:13:56	356m	8'14"/km
4.	133	00:01:44	00:15:40	201m	8'37"/km
5.	126	00:02:37	00:18:17	186m	14'04"/km
6.	130	00:03:08	00:21:25	377m	8'19"/km
7.	131	00:03:14	00:24:39	340m	9'31"/km
8.	146	00:18:18	00:42:57	2525m	7'15"/km
9.	142	00:06:29	00:49:26	544m	11'55"/km
10.	143	00:01:49	00:51:15	232m	7'50"/km
11.	170	00:02:47	00:54:02	153m	18'12"/km
12.	169	00:01:56	00:55:58	207m	9'20"/km
13.	153	00:01:37	00:57:35	107m	15'07"/km
14.	152	00:09:00	01:06:35	749m	12'01"/km
15.	148	00:02:00	01:08:35	214m	9'21"/km
16.	120	00:02:09	01:10:44	386m	5'34"/km
17.	999	00:00:17	01:11:01	100m	2'50"/km

Orienteering Software