



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Marc KERCKHOFS

Omega

Omloop : H45

Afstand : 8280m (Hoogteverschil 160m)

Tijd : 1:13:28,691 (8'52"/km)

3/15

O.K.

[Volledige uitslagen op Webres](#)

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|-----------------|-------------|
| 1. Kim JANSEN | 1:11:01,234 |
| 2. Guido LENGES | 1:12:29 |

1.	166	00:06:13		857m	7'15"/km
2.	135	00:06:42	00:12:55	613m	10'56"/km
3.	134	00:03:34	00:16:29	356m	10'01"/km
4.	133	00:03:25	00:19:54	201m	17'00"/km
5.	126	00:01:48	00:21:42	186m	9'41"/km
6.	130	00:03:39	00:25:21	377m	9'41"/km
7.	131	00:02:56	00:28:17	340m	8'38"/km
8.	146	00:19:46	00:48:03	2525m	7'50"/km
9.	142	00:05:35	00:53:38	544m	10'16"/km
10.	143	00:02:11	00:55:49	232m	9'25"/km
11.	170	00:01:32	00:57:21	153m	10'01"/km
12.	169	00:01:55	00:59:16	207m	9'16"/km
13.	153	00:01:15	01:00:31	107m	11'41"/km
14.	152	00:08:27	01:08:58	749m	11'17"/km
15.	148	00:01:49	01:10:47	214m	8'29"/km
16.	120	00:02:19	01:13:06	386m	6'00"/km
17.	999	00:00:22	01:13:28	100m	3'40"/km

Orienteering Software