



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Roel SMOLDERS

K.O.L.

Omloop : H45

Afstand : 8280m (Hoogteverschil 160m)

Tijd : 1:15:04 (9'04"/km)

5/15

O.K.

[Volledige uitslagen op Webres](#)

1. Kim JANSEN	1:11:01,234
2. Guido LENGES	1:12:29
3. Marc KERCKHOFS	1:13:28,691

1.	166	00:07:48		857m	9'06"/km
2.	135	00:05:56	00:13:44	613m	9'41"/km
3.	134	00:03:16	00:17:00	356m	9'11"/km
4.	133	00:02:32	00:19:32	201m	12'36"/km
5.	126	00:03:00	00:22:32	186m	16'08"/km
6.	130	00:03:42	00:26:14	377m	9'49"/km
7.	131	00:03:25	00:29:39	340m	10'03"/km
8.	146	00:17:29	00:47:08	2525m	6'55"/km
9.	142	00:05:45	00:52:53	544m	10'34"/km
10.	143	00:02:31	00:55:24	232m	10'51"/km
11.	170	00:02:30	00:57:54	153m	16'20"/km
12.	169	00:02:20	01:00:14	207m	11'16"/km
13.	153	00:01:29	01:01:43	107m	13'52"/km
14.	152	00:06:42	01:08:25	749m	8'57"/km
15.	148	00:03:06	01:11:31	214m	14'29"/km
16.	120	00:03:02	01:14:33	386m	7'52"/km
17.	999	00:00:31	01:15:04	100m	5'10"/km

Orienteering Software