



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Dag DESTREEL

Omega

Omloop : H45

Afstand : 8280m (Hoogteverschil 160m)

Tijd : 1:59:40 (14'27"/km)

13/15

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	00:09:33		857m	11'09"/km
2.	135	00:07:44	00:17:17	613m	12'37"/km
3.	134	00:07:46	00:25:03	356m	21'49"/km
4.	133	00:03:15	00:28:18	201m	16'10"/km
5.	126	00:06:40	00:34:58	186m	35'51"/km
6.	130	00:05:46	00:40:44	377m	15'18"/km
7.	131	00:06:31	00:47:15	340m	19'10"/km
8.	146	00:27:16	01:14:31	2525m	10'48"/km
9.	142	00:12:08	01:26:39	544m	22'18"/km
10.	143	00:02:43	01:29:22	232m	11'43"/km
11.	170	00:04:13	01:33:35	153m	27'34"/km
12.	169	00:03:39	01:37:14	207m	17'38"/km
13.	153	00:05:02	01:42:16	107m	47'02"/km
14.	152	00:10:05	01:52:21	749m	13'28"/km
15.	148	00:03:41	01:56:02	214m	17'13"/km
16.	120	00:03:07	01:59:09	386m	8'04"/km
17.	999	00:00:31	01:59:40	100m	5'10"/km

Orienteering Software