



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Robert REUTER

C.O. Liège

Omloop : H50

Afstand : 7420m (Hoogteverschil 190m)

Tijd : 1:48:22 (14'36"/km)

11/11

O.K.

[Volledige uitslagen op Webres](#)

1. Wim VERVOORT	1:01:43
2. Noël NIJSTEN	1:04:48
3. Frank BUYTAERT	1:04:57

1.	164	00:17:27		1328m	13'08"/km
2.	126	00:11:47	00:29:14	1045m	11'17"/km
3.	162	00:03:28	00:32:42	222m	15'37"/km
4.	123	00:16:50	00:49:32	724m	23'15"/km
5.	159	00:05:58	00:55:30	235m	25'23"/km
6.	136	00:07:07	01:02:37	403m	17'40"/km
7.	137	00:05:41	01:08:18	408m	13'56"/km
8.	156	00:10:43	01:19:01	937m	11'26"/km
9.	155	00:02:21	01:21:22	117m	20'05"/km
10.	146	00:07:14	01:28:36	140m	51'40"/km
11.	169	00:04:43	01:33:19	213m	22'09"/km
12.	150	00:01:26	01:34:45	88m	16'17"/km
13.	152	00:07:09	01:41:54	767m	9'19"/km
14.	120	00:05:55	01:47:49	563m	10'31"/km
15.	999	00:00:33	01:48:22	100m	5'30"/km

HELGA

Orienteering Software