Nationale Lange afstand
Dilsenerbos 6.11.2021
Omega

Albert VAN CANEGHEM
K.O.L.
Omloop : H60
Afstand : 5830m (Hoogteverschil 160m)
Tijd : 1:34:38 (16'14"/km)

12/17 O.K.

Volledige uitslagen op Webres

1.	Luc MELIS	0:49:37
2.	Patrick MOSSOUX	0:52:59
3.	Hennie KENNIS	1:00:15,660

1.	163	00:17:59		1194m	15'04"/km
2.	164	00:03:46	*00:21:45*	250m	15'04"/km
3.	135	00:06:33	*00:28:18*	494m	13'16"/km
4.	173	00:08:24	*00:36:42*	534m	15'44"/km
5.	151	00:08:40	*00:45:22*	582m	14'53"/km
6.	168	00:13:09	*00:58:31*	308m	42'42"/km
7.	169	00:10:04	*01:08:35*	723m	13'55"/km
8.	153	00:02:10	*01:10:45*	107m	20'15"/km
9.	146	00:02:11	*01:12:56*	111m	19'40"/km
10.	154	00:02:10	*01:15:06*	102m	21'15"/km
11.	147	00:03:40	*01:18:46*	203m	18'04"/km
12.	148	00:11:24	*01:30:10*	603m	18'54"/km
13.	120	00:03:44	*01:33:54*	386m	9'40"/km
14.	999	00:00:44	*01:34:38*	100m	7'20"/km

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