



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Rudy CANTRE

K.O.L.

Omloop : H70

Afstand : 4330m (Hoogteverschil 120m)

Tijd : 0:52:22 (12'06"/km)

2/20

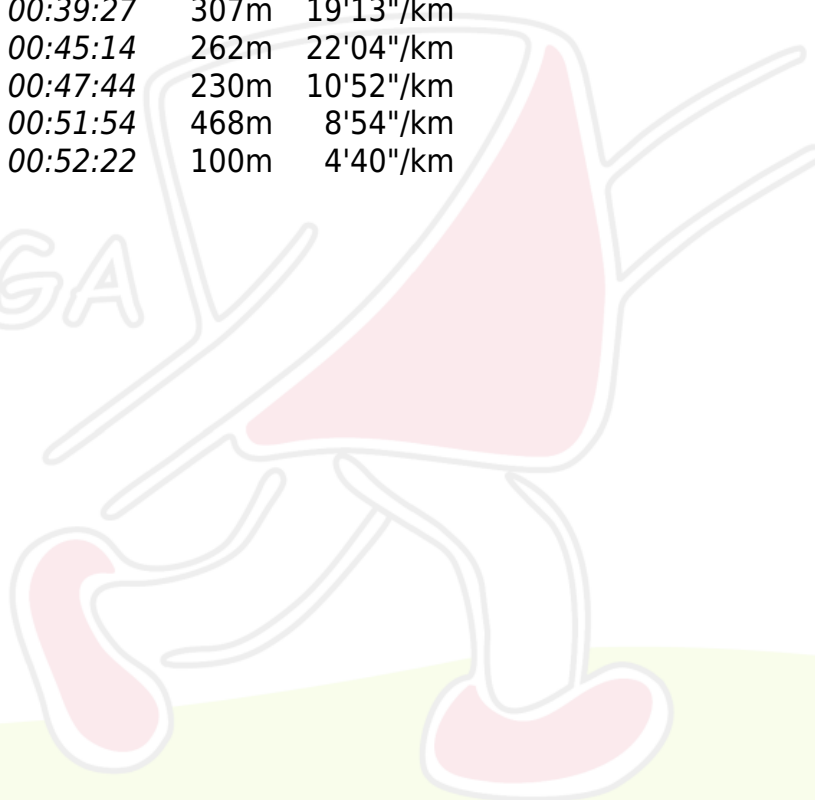
O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|-------------|
| 1. Alfred RAES | 0:52:06 |
| 3. Christian KRINGS | 0:53:38,898 |

1.	160	00:06:52		581m	11'49"/km
2.	118	00:05:50	00:12:42	504m	11'34"/km
3.	166	00:06:30	00:19:12	640m	10'09"/km
4.	123	00:01:15	00:20:27	141m	8'52"/km
5.	159	00:04:58	00:25:25	235m	21'08"/km
6.	174	00:03:07	00:28:32	280m	11'08"/km
7.	165	00:05:01	00:33:33	454m	11'03"/km
8.	176	00:05:54	00:39:27	307m	19'13"/km
9.	171	00:05:47	00:45:14	262m	22'04"/km
10.	117	00:02:30	00:47:44	230m	10'52"/km
11.	120	00:04:10	00:51:54	468m	8'54"/km
12.	999	00:00:28	00:52:22	100m	4'40"/km

HELGA



Orienteering Software