



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Jacques FLAMENT

ASUB

Omloop : H75

Afstand : 3140m (Hoogteverschil 90m)

Tijd : 0:52:13,628 (16'38"/km)

4/7

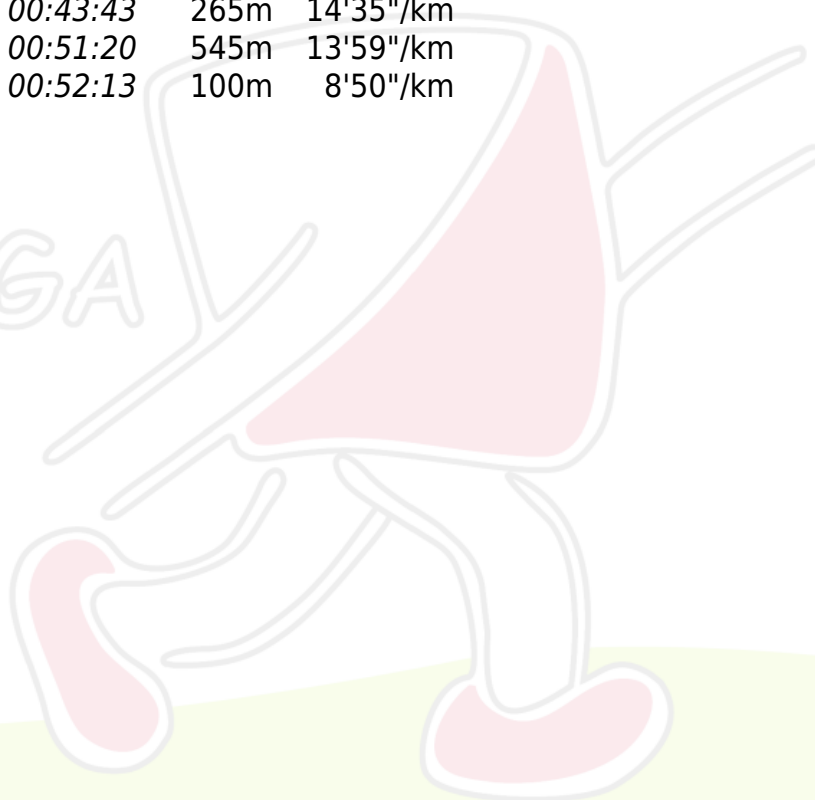
O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Mike IN 'T GROEN | 0:40:39 |
| 2. Jos THYS | 0:46:16 |
| 3. Bert GEUDENS | 0:49:46 |

1.	136	00:07:42		474m	16'15"/km
2.	174	00:04:31	00:12:13	126m	35'51"/km
3.	123	00:08:52	00:21:05	402m	22'03"/km
4.	166	00:03:31	00:24:36	141m	24'56"/km
5.	167	00:06:41	00:31:17	357m	18'43"/km
6.	175	00:03:58	00:35:15	286m	13'52"/km
7.	165	00:04:36	00:39:51	319m	14'25"/km
8.	137	00:03:52	00:43:43	265m	14'35"/km
9.	120	00:07:37	00:51:20	545m	13'59"/km
10.	999	00:00:53	00:52:13	100m	8'50"/km

HELGA



Orienteering Software