



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Kiara NIJST

Omega

Omloop : D-14

Afstand : 4330m (Hoogteverschil 120m)

Tijd : 1:19:36 (18'23"/km)

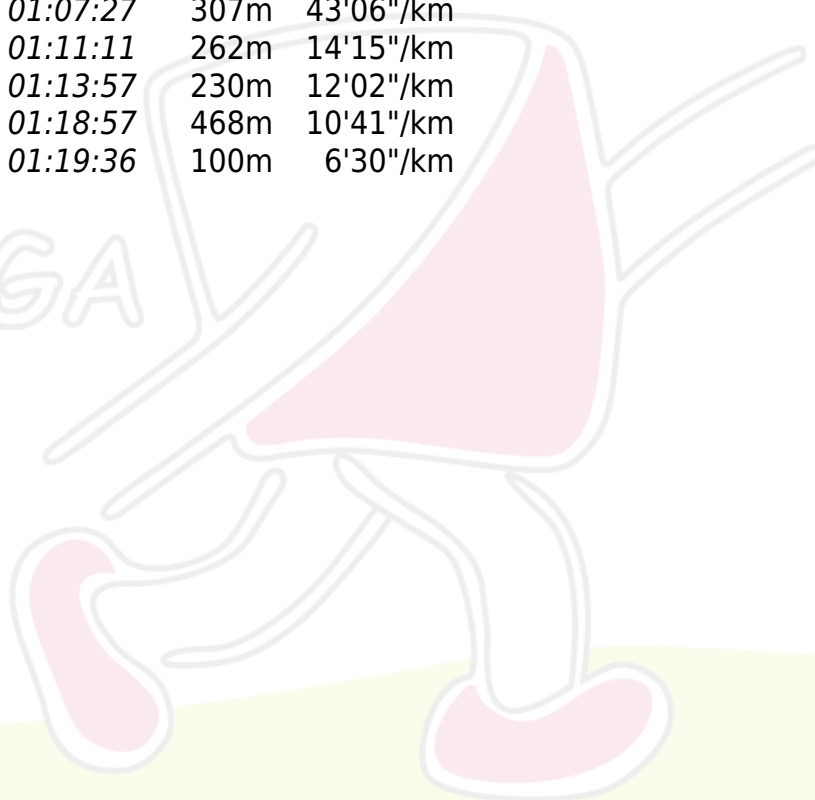
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O.K.

[Volledige uitslagen op Webres](#)

1.	160	00:11:59		581m	20'38"/km
2.	118	00:08:06	00:20:05	504m	16'04"/km
3.	166	00:10:28	00:30:33	640m	16'21"/km
4.	123	00:02:31	00:33:04	141m	17'51"/km
5.	159	00:08:54	00:41:58	235m	37'52"/km
6.	174	00:04:01	00:45:59	280m	14'21"/km
7.	165	00:08:14	00:54:13	454m	18'08"/km
8.	176	00:13:14	01:07:27	307m	43'06"/km
9.	171	00:03:44	01:11:11	262m	14'15"/km
10.	117	00:02:46	01:13:57	230m	12'02"/km
11.	120	00:05:00	01:18:57	468m	10'41"/km
12.	999	00:00:39	01:19:36	100m	6'30"/km

HELGA



Orienteering Software