



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Rianne LINSSEN

hamok

Omloop : D21

Afstand : 7420m (Hoogteverschil 190m)

Tijd : 1:54:31 (15'26"/km)

5/6

O.K.

[Volledige uitslagen op Webres](#)

1. Elke VERDEYEN	1:17:56
2. Kim TIREZ	1:22:17
3. Kirsten VERSTRAETE	1:27:19

1.	164	00:17:22		1328m	13'05"/km
2.	126	00:11:55	00:29:17	1045m	11'24"/km
3.	162	00:03:19	00:32:36	222m	14'56"/km
4.	123	00:09:54	00:42:30	724m	13'40"/km
5.	159	00:14:02	00:56:32	235m	59'43"/km
6.	136	00:05:41	01:02:13	403m	14'06"/km
7.	137	00:07:31	01:09:44	408m	18'25"/km
8.	156	00:15:51	01:25:35	937m	16'55"/km
9.	155	00:02:13	01:27:48	117m	18'57"/km
10.	146	00:03:34	01:31:22	140m	25'29"/km
11.	169	00:05:15	01:36:37	213m	24'39"/km
12.	150	00:01:08	01:37:45	88m	12'53"/km
13.	152	00:09:32	01:47:17	767m	12'26"/km
14.	120	00:06:44	01:54:01	563m	11'58"/km
15.	999	00:00:30	01:54:31	100m	5'00"/km

HELGA
Orienteering Software