



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Stefan THIELS

Omega

Omloop : H50

Afstand : 7420m (Hoogteverschil 190m)

Tijd : 1:30:03 (12'08"/km)

10/11

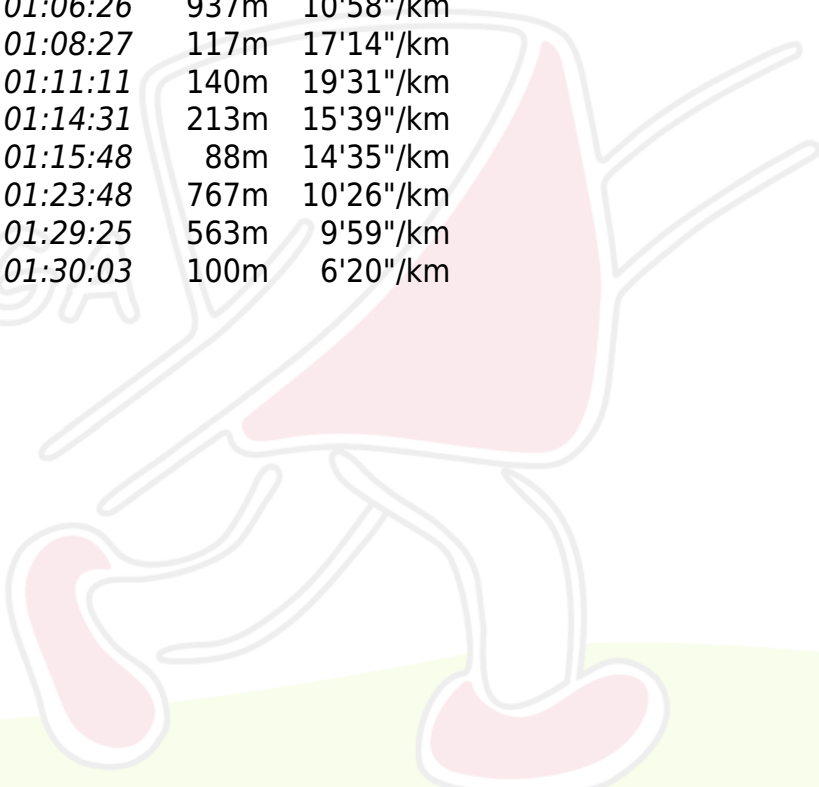
O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Wim VERVOORT | 1:01:43 |
| 2. Noël NIJSTEN | 1:04:48 |
| 3. Frank BUYTAERT | 1:04:57 |

1.	164	00:23:50		1328m	17'57"/km
2.	126	00:08:13	00:32:03	1045m	7'52"/km
3.	162	00:02:46	00:34:49	222m	12'28"/km
4.	123	00:08:22	00:43:11	724m	11'33"/km
5.	159	00:03:17	00:46:28	235m	13'58"/km
6.	136	00:04:32	00:51:00	403m	11'15"/km
7.	137	00:05:09	00:56:09	408m	12'37"/km
8.	156	00:10:17	01:06:26	937m	10'58"/km
9.	155	00:02:01	01:08:27	117m	17'14"/km
10.	146	00:02:44	01:11:11	140m	19'31"/km
11.	169	00:03:20	01:14:31	213m	15'39"/km
12.	150	00:01:17	01:15:48	88m	14'35"/km
13.	152	00:08:00	01:23:48	767m	10'26"/km
14.	120	00:05:37	01:29:25	563m	9'59"/km
15.	999	00:00:38	01:30:03	100m	6'20"/km

HELGA



Orienteering Software