



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Dominique SCHUTJES

hamok

Omloop : H70

Afstand : 4330m (Hoogteverschil 120m)

Tijd : 0:59:55 (13'50"/km)

6/20

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|-------------|
| 1. Alfred RAES | 0:52:06 |
| 2. Rudy CANTRE | 0:52:22 |
| 3. Christian KRINGS | 0:53:38,898 |

1.	160	00:08:44		581m	15'02"/km
2.	165	00:05:31	00:14:15		
3.	118	00:03:15	00:17:30		
4.	166	00:07:37	00:25:07	640m	11'54"/km
5.	123	00:01:26	00:26:33	141m	10'10"/km
6.	159	00:05:10	00:31:43	235m	21'59"/km
7.	174	00:04:04	00:35:47	280m	14'31"/km
8.	165	00:06:21	00:42:08	454m	13'59"/km
9.	176	00:05:10	00:47:18	307m	16'50"/km
10.	171	00:04:10	00:51:28	262m	15'54"/km
11.	117	00:03:05	00:54:33	230m	13'24"/km
12.	120	00:04:48	00:59:21	468m	10'15"/km
13.	999	00:00:34	00:59:55	100m	5'40"/km

HELGA

Orienteering Software