



# Nationale Lange afstand

## Dilsenerbos 6.11.2021

### Omega

**Juliaan LINTEN**

K.O.L.

Omloop : H70

Afstand : 4330m (Hoogteverschil 120m)

Tijd : 1:09:26 (16'02"/km)

**15/20**

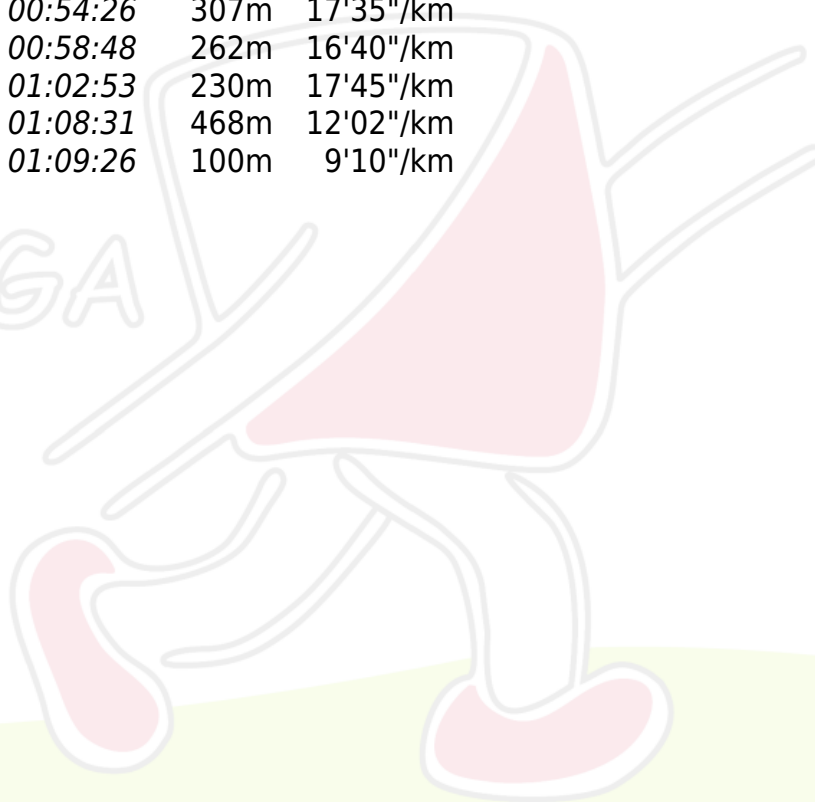
O.K.

[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 | 00:10:07 |          | 581m | 17'25"/km |
| 2.  | 118 | 00:08:24 | 00:18:31 | 504m | 16'40"/km |
| 3.  | 166 | 00:08:54 | 00:27:25 | 640m | 13'54"/km |
| 4.  | 123 | 00:02:03 | 00:29:28 | 141m | 14'32"/km |
| 5.  | 159 | 00:05:46 | 00:35:14 | 235m | 24'32"/km |
| 6.  | 174 | 00:06:06 | 00:41:20 | 280m | 21'47"/km |
| 7.  | 165 | 00:07:42 | 00:49:02 | 454m | 16'58"/km |
| 8.  | 176 | 00:05:24 | 00:54:26 | 307m | 17'35"/km |
| 9.  | 171 | 00:04:22 | 00:58:48 | 262m | 16'40"/km |
| 10. | 117 | 00:04:05 | 01:02:53 | 230m | 17'45"/km |
| 11. | 120 | 00:05:38 | 01:08:31 | 468m | 12'02"/km |
| 12. | 999 | 00:00:55 | 01:09:26 | 100m | 9'10"/km  |

HELGA



Orienteering Software