



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Lisa ELSSEN

Omega

Course : D21

Distance : 7420m (Climbing 190m)

Time : 2:04:11 (16'44"/km)

6/6

O.K.

[Full result on Webres](#)

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

1.	164	00:17:53		1328m	13'28"/km
2.	126	00:17:00	00:34:53	1045m	16'16"/km
3.	162	00:04:22	00:39:15	222m	19'40"/km
4.	123	00:12:28	00:51:43	724m	17'13"/km
5.	159	00:10:40	01:02:23	235m	45'23"/km
6.	136	00:06:05	01:08:28	403m	15'06"/km
7.	137	00:07:13	01:15:41	408m	17'41"/km
8.	156	00:14:49	01:30:30	937m	15'49"/km
9.	155	00:03:12	01:33:42	117m	27'21"/km
10.	146	00:02:44	01:36:26	140m	19'31"/km
11.	169	00:06:38	01:43:04	213m	31'09"/km
12.	150	00:01:09	01:44:13	88m	13'04"/km
13.	152	00:12:35	01:56:48	767m	16'24"/km
14.	120	00:06:48	02:03:36	563m	12'05"/km
15.	999	00:00:35	02:04:11	100m	5'50"/km

HELGA

Orienteering Software