



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Annelies GEBOERS

K.O.L.

Omloop : D40

Afstand : 5830m (Hoogteverschil 160m)

Tijd : 1:23:34 (14'20"/km)

2/5

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Lieke VAN OPSTAL | 1:08:59 |
| 3. Rachel WINTHAGEN | 1:27:20 |

1.	163	00:16:41		1194m	13'58"/km
2.	164	00:04:40	00:21:21	250m	18'40"/km
3.	135	00:05:34	00:26:55	494m	11'16"/km
4.	173	00:06:31	00:33:26	534m	12'12"/km
5.	151	00:08:48	00:42:14	582m	15'07"/km
6.	168	00:05:05	00:47:19	308m	16'30"/km
7.	169	00:08:38	00:55:57	723m	11'56"/km
8.	153	00:03:26	00:59:23	107m	32'05"/km
9.	146	00:02:41	01:02:04	111m	24'10"/km
10.	154	00:02:26	01:04:30	102m	23'51"/km
11.	147	00:03:38	01:08:08	203m	17'54"/km
12.	148	00:10:46	01:18:54	603m	17'51"/km
13.	120	00:03:56	01:22:50	386m	10'11"/km
14.	999	00:00:44	01:23:34	100m	7'20"/km

HELGA

Orienteering Software