



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Agnes HERMESZ

Altair C.O.

Course : D40

Distance : 5830m (Climbing 160m)

Time : 1:37:34 (16'44"/km)

4/5

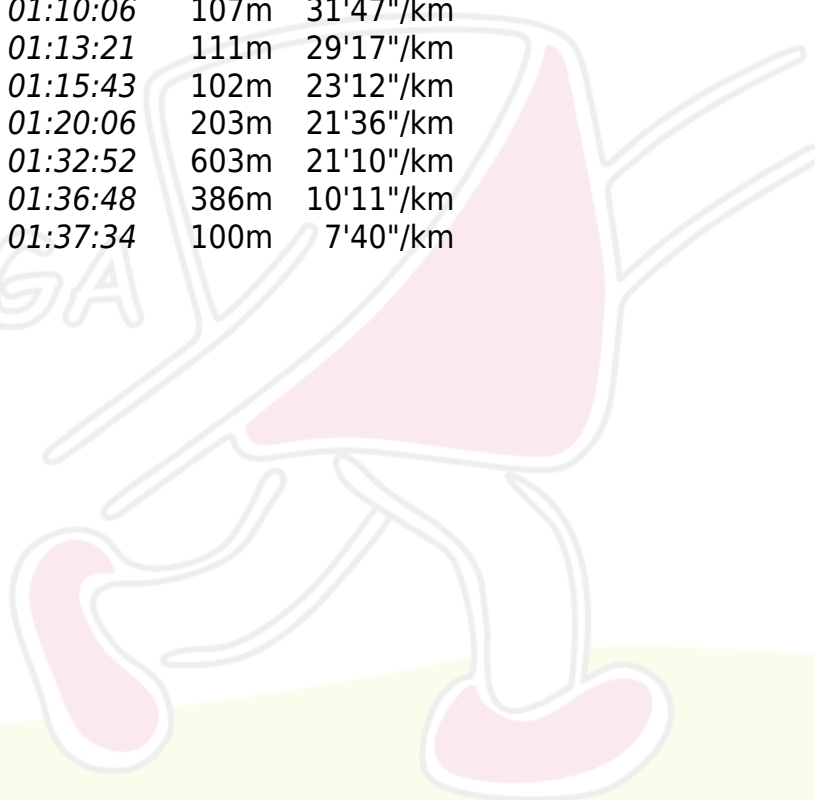
O.K.

[Full result on Webres](#)

1. Lieke VAN OPSTAL	1:08:59
2. Annelies GEBOERS	1:23:34
3. Rachel WINTHAGEN	1:27:20

1.	163	00:18:58		1194m	15'53"/km
2.	164	00:03:21	00:22:19	250m	13'24"/km
3.	135	00:07:08	00:29:27	494m	14'26"/km
4.	173	00:09:31	00:38:58	534m	17'49"/km
5.	151	00:09:11	00:48:09	582m	15'47"/km
6.	168	00:07:27	00:55:36	308m	24'11"/km
7.	169	00:11:06	01:06:42	723m	15'21"/km
8.	153	00:03:24	01:10:06	107m	31'47"/km
9.	146	00:03:15	01:13:21	111m	29'17"/km
10.	154	00:02:22	01:15:43	102m	23'12"/km
11.	147	00:04:23	01:20:06	203m	21'36"/km
12.	148	00:12:46	01:32:52	603m	21'10"/km
13.	120	00:03:56	01:36:48	386m	10'11"/km
14.	999	00:00:46	01:37:34	100m	7'40"/km

HELGA



Orienteering Software