



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Leen JESPERS

TROL

Omloop : D45

Afstand : 5830m (Hoogteverschil 160m)

Tijd : 1:40:40 (17'16"/km)

3/3

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------|-------------|
| 1. Vanessa RASQUINET | 1:07:19,363 |
| 2. Laurence DRABS | 1:24:55 |

1.	163	00:18:02		1194m	15'06"/km
2.	164	00:05:18	00:23:20	250m	21'12"/km
3.	135	00:06:58	00:30:18	494m	14'06"/km
4.	173	00:08:58	00:39:16	534m	16'47"/km
5.	151	00:11:48	00:51:04	582m	20'16"/km
6.	168	00:07:33	00:58:37	308m	24'31"/km
7.	169	00:10:57	01:09:34	723m	15'09"/km
8.	153	00:02:26	01:12:00	107m	22'44"/km
9.	146	00:06:30	01:18:30	111m	58'34"/km
10.	154	00:02:30	01:21:00	102m	24'31"/km
11.	147	00:04:35	01:25:35	203m	22'35"/km
12.	148	00:09:37	01:35:12	603m	15'57"/km
13.	120	00:04:39	01:39:51	386m	12'03"/km
14.	999	00:00:49	01:40:40	100m	8'10"/km

HELGA

Orienteering Software