Nationale Lange afstand
Dilsenerbos 6.11.2021
Omega

Leen WOUTERS
Omega
Omloop : D55
Afstand : 4990m (Hoogteverschil 160m)
Tijd : 1:06:29 (13'19"/km)

3/7 O.K.

Volledige uitslagen op Webres

1. Linda VERBRAKEN 1:03:26
2. Marijs VANDEWEYER 1:05:00

1.	165	00:10:40		931m	11'27"/km
2.	163	00:04:11	*00:14:51*	372m	11'15"/km
3.	122	00:02:15	*00:17:06*	222m	10'08"/km
4.	118	00:07:42	*00:24:48*	554m	13'54"/km
5.	159	00:05:34	*00:30:22*	393m	14'10"/km
6.	174	00:03:06	*00:33:28*	280m	11'04"/km
7.	160	00:05:28	*00:38:56*	223m	24'31"/km
8.	121	00:11:26	*00:50:22*	595m	19'13"/km
9.	151	00:01:11	*00:51:33*	107m	11'04"/km
10.	152	00:04:20	*00:55:53*	324m	13'22"/km
11.	145	00:04:59	*01:00:52*	365m	13'39"/km
12.	120	00:04:59	*01:05:51*	396m	12'35"/km
13.	999	00:00:38	*01:06:29*	100m	6'20"/km

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