Nationale Lange afstand
Dilsenerbos 6.11.2021
Omega

Muriel CHOUFFART
C.O. Liège
Omloop : D55
Afstand : 4990m (Hoogteverschil 160m)
Tijd : 1:24:20 (16'54"/km)

6/7 O.K.

Volledige uitslagen op Webres

1. Linda VERBRAKEN 1:03:26
2. Marijs VANDEWEYER 1:05:00
3. Leen WOUTERS 1:06:29

1.	165	00:13:19		931m	14'18"/km
2.	163	00:06:37	*00:19:56*	372m	17'47"/km
3.	122	00:04:21	*00:24:17*	222m	19'36"/km
4.	118	00:08:51	*00:33:08*	554m	15'58"/km
5.	159	00:05:24	*00:38:32*	393m	13'44"/km
6.	174	00:05:02	*00:43:34*	280m	17'59"/km
7.	160	00:04:36	*00:48:10*	223m	20'38"/km
8.	121	00:09:59	*00:58:09*	595m	16'47"/km
9.	151	00:01:29	*00:59:38*	107m	13'52"/km
10.	152	00:09:48	*01:09:26*	324m	30'15"/km
11.	145	00:07:56	*01:17:22*	365m	21'44"/km
12.	120	00:06:18	*01:23:40*	396m	15'55"/km
13.	999	00:00:40	*01:24:20*	100m	6'40"/km

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