



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Marie-Christine METTEN

K.O.L.

Course : D60

Distance : 4330m (Climbing 120m)

Time : 1:39:44 (23'02"/km)

4/5

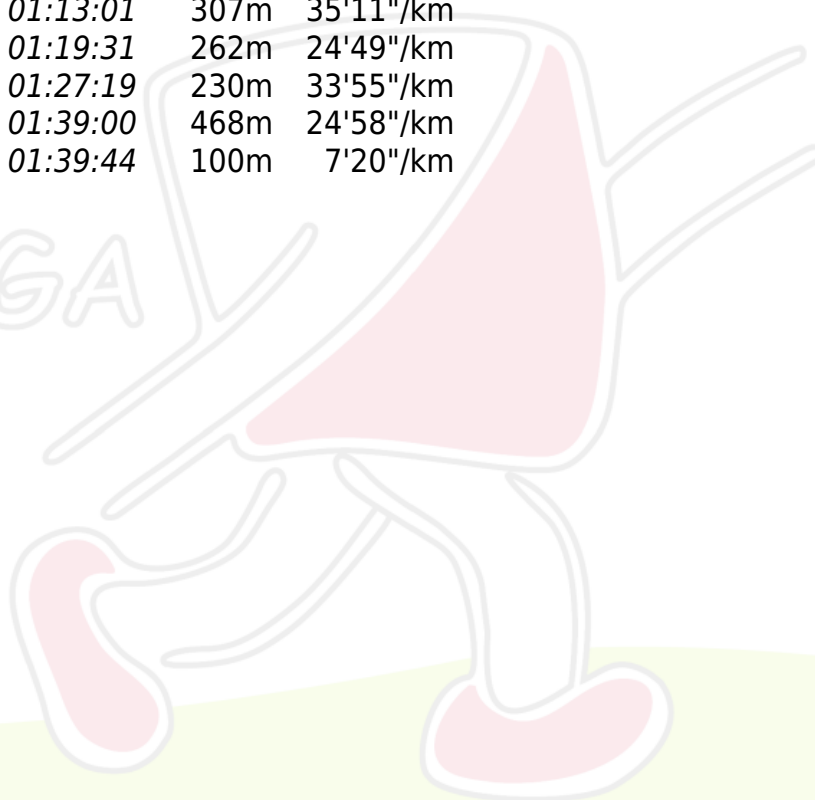
O.K.

[Full result on Webres](#)

- | | |
|-------------------|---------|
| 1. Els PUT | 0:55:42 |
| 2. Odette MORET | 1:10:30 |
| 3. Chantal GILLES | 1:20:24 |

1.	160	00:12:13		581m	21'02"/km
2.	118	00:09:41	00:21:54	504m	19'13"/km
3.	166	00:12:25	00:34:19	640m	19'24"/km
4.	123	00:02:40	00:36:59	141m	18'55"/km
5.	159	00:11:50	00:48:49	235m	50'21"/km
6.	174	00:05:35	00:54:24	280m	19'56"/km
7.	165	00:07:49	01:02:13	454m	17'13"/km
8.	176	00:10:48	01:13:01	307m	35'11"/km
9.	171	00:06:30	01:19:31	262m	24'49"/km
10.	117	00:07:48	01:27:19	230m	33'55"/km
11.	120	00:11:41	01:39:00	468m	24'58"/km
12.	999	00:00:44	01:39:44	100m	7'20"/km

HELGA



Orienteering Software