



Nationale Lange afstand Dilsenerbos 6.11.2021 Omega

Guido LENGES

N.S.V. Amel

Course : H45

Distance : 8280m (Climbing 160m)

Time : 1:12:29 (8'45"/km)

2/15

O.K.

[Full result on Webres](#)

1. Kim JANSEN	1:11:01,234
3. Marc KERCKHOFS	1:13:28,691

1.	166	00:06:32		857m	7'37"/km
2.	135	00:04:46	00:11:18	613m	7'47"/km
3.	134	00:03:30	00:14:48	356m	9'50"/km
4.	133	00:01:45	00:16:33	201m	8'42"/km
5.	126	00:03:25	00:19:58	186m	18'22"/km
6.	130	00:03:35	00:23:33	377m	9'30"/km
7.	131	00:03:05	00:26:38	340m	9'04"/km
8.	146	00:20:03	00:46:41	2525m	7'56"/km
9.	142	00:05:27	00:52:08	544m	10'01"/km
10.	143	00:02:23	00:54:31	232m	10'16"/km
11.	170	00:02:55	00:57:26	153m	19'04"/km
12.	169	00:02:08	00:59:34	207m	10'18"/km
13.	153	00:01:50	01:01:24	107m	17'08"/km
14.	152	00:05:56	01:07:20	749m	7'55"/km
15.	148	00:02:25	01:09:45	214m	11'18"/km
16.	120	00:02:19	01:12:04	386m	6'00"/km
17.	999	00:00:25	01:12:29	100m	4'10"/km

Orienteering Software