



# Nationale Lange afstand

## Dilsenerbos 6.11.2021

### Omega

**Wouter VAN MUYSEN**

Omega

Omloop : H45

Afstand : 8280m (Hoogteverschil 160m)

Tijd : 1:19:45 (9'38"/km)

**6/15**

O.K.

[Volledige uitslagen op Webres](#)

|                   |             |
|-------------------|-------------|
| 1. Kim JANSEN     | 1:11:01,234 |
| 2. Guido LENGES   | 1:12:29     |
| 3. Marc KERCKHOFS | 1:13:28,691 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 166 | 00:07:10 |          | 857m  | 8'22"/km  |
| 2.  | 135 | 00:05:25 | 00:12:35 | 613m  | 8'50"/km  |
| 3.  | 134 | 00:03:18 | 00:15:53 | 356m  | 9'16"/km  |
| 4.  | 133 | 00:01:44 | 00:17:37 | 201m  | 8'37"/km  |
| 5.  | 126 | 00:03:43 | 00:21:20 | 186m  | 19'59"/km |
| 6.  | 130 | 00:06:05 | 00:27:25 | 377m  | 16'08"/km |
| 7.  | 131 | 00:03:35 | 00:31:00 | 340m  | 10'32"/km |
| 8.  | 146 | 00:17:20 | 00:48:20 | 2525m | 6'52"/km  |
| 9.  | 142 | 00:05:59 | 00:54:19 | 544m  | 11'00"/km |
| 10. | 143 | 00:02:17 | 00:56:36 | 232m  | 9'51"/km  |
| 11. | 170 | 00:01:54 | 00:58:30 | 153m  | 12'25"/km |
| 12. | 169 | 00:03:03 | 01:01:33 | 207m  | 14'44"/km |
| 13. | 153 | 00:01:41 | 01:03:14 | 107m  | 15'44"/km |
| 14. | 152 | 00:07:21 | 01:10:35 | 749m  | 9'49"/km  |
| 15. | 148 | 00:05:57 | 01:16:32 | 214m  | 27'48"/km |
| 16. | 120 | 00:02:43 | 01:19:15 | 386m  | 7'02"/km  |
| 17. | 999 | 00:00:30 | 01:19:45 | 100m  | 5'00"/km  |

Orienteering Software