



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

François LAMBERT

Hainaut O.C.

Course : H45

Distance : 8280m (Climbing 160m)

Time : 1:23:27 (10'05"/km)

7/15

O.K.

[Full result on Webres](#)

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

1.	166	00:07:23		857m	8'37"/km
2.	135	00:05:41	00:13:04	613m	9'16"/km
3.	134	00:04:08	00:17:12	356m	11'37"/km
4.	133	00:02:26	00:19:38	201m	12'06"/km
5.	126	00:03:26	00:23:04	186m	18'28"/km
6.	130	00:03:57	00:27:01	377m	10'29"/km
7.	131	00:03:58	00:30:59	340m	11'40"/km
8.	146	00:19:40	00:50:39	2525m	7'47"/km
9.	142	00:08:38	00:59:17	544m	15'52"/km
10.	143	00:02:13	01:01:30	232m	9'33"/km
11.	170	00:02:16	01:03:46	153m	14'49"/km
12.	169	00:02:48	01:06:34	207m	13'32"/km
13.	153	00:02:40	01:09:14	107m	24'55"/km
14.	152	00:08:27	01:17:41	749m	11'17"/km
15.	148	00:02:48	01:20:29	214m	13'05"/km
16.	120	00:02:32	01:23:01	386m	6'34"/km
17.	999	00:00:26	01:23:27	100m	4'20"/km

Orienteering Software