



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Frank LEMY

C.O. Pégase

Omloop : H45

Afstand : 8280m (Hoogteverschil 160m)

Tijd : 1:33:32 (11'18"/km)

10/15

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	00:10:51		857m	12'40"/km
2.	135	00:05:47	00:16:38	613m	9'26"/km
3.	134	00:03:32	00:20:10	356m	9'56"/km
4.	133	00:02:09	00:22:19	201m	10'42"/km
5.	126	00:03:21	00:25:40	186m	18'01"/km
6.	130	00:04:13	00:29:53	377m	11'11"/km
7.	131	00:05:10	00:35:03	340m	15'12"/km
8.	146	00:21:35	00:56:38	2525m	8'33"/km
9.	142	00:08:12	01:04:50	544m	15'04"/km
10.	143	00:02:27	01:07:17	232m	10'34"/km
11.	170	00:07:30	01:14:47	153m	49'01"/km
12.	169	00:02:29	01:17:16	207m	12'00"/km
13.	153	00:02:14	01:19:30	107m	20'52"/km
14.	152	00:08:07	01:27:37	749m	10'50"/km
15.	148	00:02:32	01:30:09	214m	11'50"/km
16.	120	00:02:52	01:33:01	386m	7'26"/km
17.	999	00:00:31	01:33:32	100m	5'10"/km

Orienteering Software