



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Noël NIJSTEN

Borasca

Course : H50

Distance : 7420m (Climbing 190m)

Time : 1:04:48 (8'44"/km)

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O.K.

[Full result on Webres](#)

1. Wim VERVOORT	1:01:43
3. Frank BUYTAERT	1:04:57

1.	164	00:10:33		1328m	7'57"/km
2.	126	00:06:45	00:17:18	1045m	6'28"/km
3.	162	00:02:30	00:19:48	222m	11'16"/km
4.	123	00:08:28	00:28:16	724m	11'42"/km
5.	159	00:02:27	00:30:43	235m	10'26"/km
6.	136	00:02:57	00:33:40	403m	7'19"/km
7.	137	00:04:24	00:38:04	408m	10'47"/km
8.	156	00:08:22	00:46:26	937m	8'56"/km
9.	155	00:01:12	00:47:38	117m	10'15"/km
10.	146	00:01:48	00:49:26	140m	12'51"/km
11.	169	00:02:27	00:51:53	213m	11'30"/km
12.	150	00:01:43	00:53:36	88m	19'30"/km
13.	152	00:06:18	00:59:54	767m	8'13"/km
14.	120	00:04:24	01:04:18	563m	7'49"/km
15.	999	00:00:30	01:04:48	100m	5'00"/km

HELGA

Orienteering Software