



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Frank BUYTAERT

TROL

Omloop : H50

Afstand : 7420m (Hoogteverschil 190m)

Tijd : 1:04:57 (8'45"/km)

3/11

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------|---------|
| 1. Wim VERVOORT | 1:01:43 |
| 2. Noël NIJSTEN | 1:04:48 |

1.	164	00:10:02		1328m	7'33"/km
2.	126	00:06:45	00:16:47	1045m	6'28"/km
3.	162	00:06:37	00:23:24	222m	29'48"/km
4.	123	00:05:54	00:29:18	724m	8'09"/km
5.	159	00:03:39	00:32:57	235m	15'32"/km
6.	136	00:03:00	00:35:57	403m	7'27"/km
7.	137	00:04:13	00:40:10	408m	10'20"/km
8.	156	00:07:58	00:48:08	937m	8'30"/km
9.	155	00:01:36	00:49:44	117m	13'41"/km
10.	146	00:01:56	00:51:40	140m	13'49"/km
11.	169	00:02:29	00:54:09	213m	11'40"/km
12.	150	00:00:43	00:54:52	88m	8'09"/km
13.	152	00:05:25	01:00:17	767m	7'04"/km
14.	120	00:04:12	01:04:29	563m	7'28"/km
15.	999	00:00:28	01:04:57	100m	4'40"/km

HELGA
Orienteering Software