



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Kurt SMET

TROL

Course : H50

Distance : 7420m (Climbing 190m)

Time : 1:14:05 (9'59"/km)

7/11

O.K.

[Full result on Webres](#)

1. Wim VERVOORT	1:01:43
2. Noël NIJSTEN	1:04:48
3. Frank BUYTAERT	1:04:57

1.	164	00:11:23		1328m	8'34"/km
2.	126	00:07:56	00:19:19	1045m	7'36"/km
3.	162	00:03:32	00:22:51	222m	15'55"/km
4.	123	00:07:52	00:30:43	724m	10'52"/km
5.	159	00:02:43	00:33:26	235m	11'34"/km
6.	136	00:03:57	00:37:23	403m	9'48"/km
7.	137	00:05:19	00:42:42	408m	13'02"/km
8.	156	00:11:13	00:53:55	937m	11'58"/km
9.	155	00:01:50	00:55:45	117m	15'40"/km
10.	146	00:02:47	00:58:32	140m	19'53"/km
11.	169	00:02:32	01:01:04	213m	11'54"/km
12.	150	00:01:08	01:02:12	88m	12'53"/km
13.	152	00:06:14	01:08:26	767m	8'08"/km
14.	120	00:05:01	01:13:27	563m	8'55"/km
15.	999	00:00:38	01:14:05	100m	6'20"/km

HELGA

Orienteering Software