



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Donald VAN BOVEN

TROL

Course : H50

Distance : 7420m (Climbing 190m)

Time : 1:20:24 (10'50"/km)

9/11

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	00:11:34		1328m	8'43"/km
2.	126	00:09:18	00:20:52	1045m	8'54"/km
3.	162	00:03:10	00:24:02	222m	14'16"/km
4.	123	00:08:20	00:32:22	724m	11'31"/km
5.	159	00:04:04	00:36:26	235m	17'18"/km
6.	136	00:04:14	00:40:40	403m	10'30"/km
7.	137	00:04:38	00:45:18	408m	11'21"/km
8.	156	00:09:10	00:54:28	937m	9'47"/km
9.	155	00:01:37	00:56:05	117m	13'49"/km
10.	146	00:07:46	01:03:51	140m	55'29"/km
11.	169	00:02:34	01:06:25	213m	12'03"/km
12.	150	00:01:33	01:07:58	88m	17'37"/km
13.	152	00:07:01	01:14:59	767m	9'09"/km
14.	120	00:04:49	01:19:48	563m	8'33"/km
15.	999	00:00:36	01:20:24	100m	6'00"/km

HELGA

Orienteering Software