



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Alfred SIMKENS

K.O.L.

Omloop : H65

Afstand : 4990m (Hoogteverschil 160m)

Tijd : 1:00:49,386 (12'11"/km)

3/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|-------------|
| 1. Pierre WILLEMS | 0:49:15 |
| 2. Jackie VANDIJCK | 0:54:39,773 |

1.	165	00:11:01		931m	11'50"/km
2.	163	00:04:39	00:15:40	372m	12'30"/km
3.	122	00:02:25	00:18:05	222m	10'53"/km
4.	118	00:06:07	00:24:12	554m	11'02"/km
5.	159	00:06:00	00:30:12	393m	15'16"/km
6.	174	00:02:52	00:33:04	280m	10'14"/km
7.	160	00:04:51	00:37:55	223m	21'45"/km
8.	171	00:06:51	00:44:46		
9.	121	00:02:58	00:47:44	130m	22'49"/km
10.	151	00:01:07	00:48:51	107m	10'26"/km
11.	152	00:04:06	00:52:57	324m	12'39"/km
12.	145	00:03:36	00:56:33	365m	9'52"/km
13.	120	00:03:41	01:00:14	396m	9'18"/km
14.	999	00:00:35	01:00:49	100m	5'50"/km

HELGA

Orienteering Software