



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Roger BOCKX

K.O.L.

Omloop : H65

Afstand : 4990m (Hoogteverschil 160m)

Tijd : 1:01:10 (12'15"/km)

4/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|-------------|
| 1. Pierre WILLEMS | 0:49:15 |
| 2. Jackie VANDIJCK | 0:54:39,773 |
| 3. Alfred SIMKENS | 1:00:49,386 |

1.	165	00:10:28		931m	11'15"/km
2.	163	00:05:15	00:15:43	372m	14'07"/km
3.	122	00:02:06	00:17:49	222m	9'28"/km
4.	118	00:06:05	00:23:54	554m	10'59"/km
5.	159	00:05:42	00:29:36	393m	14'30"/km
6.	174	00:03:17	00:32:53	280m	11'44"/km
7.	160	00:04:17	00:37:10	223m	19'12"/km
8.	121	00:08:37	00:45:47	595m	14'29"/km
9.	151	00:01:28	00:47:15	107m	13'42"/km
10.	152	00:04:18	00:51:33	324m	13'16"/km
11.	145	00:05:28	00:57:01	365m	14'59"/km
12.	120	00:03:35	01:00:36	396m	9'03"/km
13.	999	00:00:34	01:01:10	100m	5'40"/km

HELGA

Orienteering Software