



# Nationale Lange afstand

## Dilsenerbos 6.11.2021

### Omega

**Claude LEMASSON**

C.O. Pégase

Omloop : H65

Afstand : 4990m (Hoogteverschil 160m)

Tijd : 1:19:02 (15'50"/km)

**9/12**

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 | 00:11:19 |          | 931m | 12'09"/km |
| 2.  | 163 | 00:08:14 | 00:19:33 | 372m | 22'08"/km |
| 3.  | 122 | 00:02:45 | 00:22:18 | 222m | 12'23"/km |
| 4.  | 118 | 00:08:39 | 00:30:57 | 554m | 15'37"/km |
| 5.  | 159 | 00:06:10 | 00:37:07 | 393m | 15'41"/km |
| 6.  | 174 | 00:06:05 | 00:43:12 | 280m | 21'44"/km |
| 7.  | 160 | 00:05:00 | 00:48:12 | 223m | 22'25"/km |
| 8.  | 121 | 00:13:41 | 01:01:53 | 595m | 23'00"/km |
| 9.  | 151 | 00:01:08 | 01:03:01 | 107m | 10'36"/km |
| 10. | 152 | 00:05:01 | 01:08:02 | 324m | 15'29"/km |
| 11. | 145 | 00:05:49 | 01:13:51 | 365m | 15'56"/km |
| 12. | 120 | 00:04:29 | 01:18:20 | 396m | 11'19"/km |
| 13. | 999 | 00:00:42 | 01:19:02 | 100m | 7'00"/km  |

HELGA

Orienteering Software