



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Frans WENS

TROL

Omloop : H70

Afstand : 4330m (Hoogteverschil 120m)

Tijd : 0:55:15 (12'46"/km)

4/20

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|-------------|
| 1. Alfred RAES | 0:52:06 |
| 2. Rudy CANTRE | 0:52:22 |
| 3. Christian KRINGS | 0:53:38,898 |

1.	160	00:09:48		581m	16'52"/km
2.	118	00:06:40	00:16:28	504m	13'14"/km
3.	166	00:07:11	00:23:39	640m	11'13"/km
4.	123	00:01:49	00:25:28	141m	12'53"/km
5.	159	00:03:44	00:29:12	235m	15'53"/km
6.	174	00:03:42	00:32:54	280m	13'13"/km
7.	165	00:06:28	00:39:22	454m	14'15"/km
8.	176	00:04:25	00:43:47	307m	14'23"/km
9.	171	00:04:13	00:48:00	262m	16'06"/km
10.	117	00:02:50	00:50:50	230m	12'19"/km
11.	120	00:03:57	00:54:47	468m	8'26"/km
12.	999	00:00:28	00:55:15	100m	4'40"/km

HELGA

Orienteering Software