Nationale Lange afstand
Dilsenerbos 6.11.2021
Omega

Jean-Claude DUPONT
C.O. Liège
Omloop : H70
Afstand : 4330m (Hoogteverschil 120m)
Tijd : 1:00:09 (13'53"/km)

7/20 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	00:07:18		581m	12'34"/km
2.	118	00:05:39	*00:12:57*	504m	11'13"/km
3.	166	00:07:11	*00:20:08*	640m	11'13"/km
4.	123	00:02:30	*00:22:38*	141m	17'44"/km
5.	159	00:06:09	*00:28:47*	235m	26'10"/km
6.	174	00:04:12	*00:32:59*	280m	15'00"/km
7.	165	00:06:45	*00:39:44*	454m	14'52"/km
8.	176	00:05:18	*00:45:02*	307m	17'16"/km
9.	171	00:04:56	*00:49:58*	262m	18'50"/km
10.	117	00:04:34	*00:54:32*	230m	19'51"/km
11.	120	00:05:01	*00:59:33*	468m	10'43"/km
12.	999	00:00:36	*01:00:09*	100m	6'00"/km

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