



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Willy LAMON

Altair C.O.

Omloop : H70

Afstand : 4330m (Hoogteverschil 120m)

Tijd : 1:01:25 (14'11"/km)

9/20

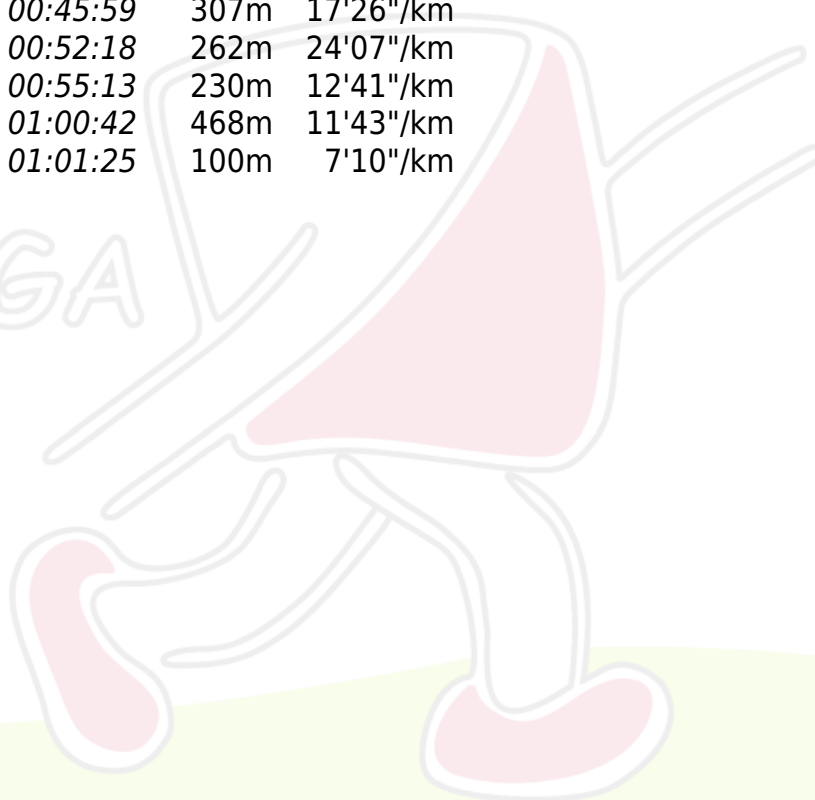
O.K.

[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	00:08:03		581m	13'51"/km
2.	118	00:05:56	00:13:59	504m	11'46"/km
3.	166	00:08:16	00:22:15	640m	12'55"/km
4.	123	00:01:58	00:24:13	141m	13'57"/km
5.	159	00:04:36	00:28:49	235m	19'34"/km
6.	174	00:03:54	00:32:43	280m	13'56"/km
7.	165	00:07:55	00:40:38	454m	17'26"/km
8.	176	00:05:21	00:45:59	307m	17'26"/km
9.	171	00:06:19	00:52:18	262m	24'07"/km
10.	117	00:02:55	00:55:13	230m	12'41"/km
11.	120	00:05:29	01:00:42	468m	11'43"/km
12.	999	00:00:43	01:01:25	100m	7'10"/km

HELGA



Orienteering Software