



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Ivo TIMMERMANS

K.O.L.

Course : H70

Distance : 4330m (Climbing 120m)

Time : 1:03:30 (14'40"/km)

10/20

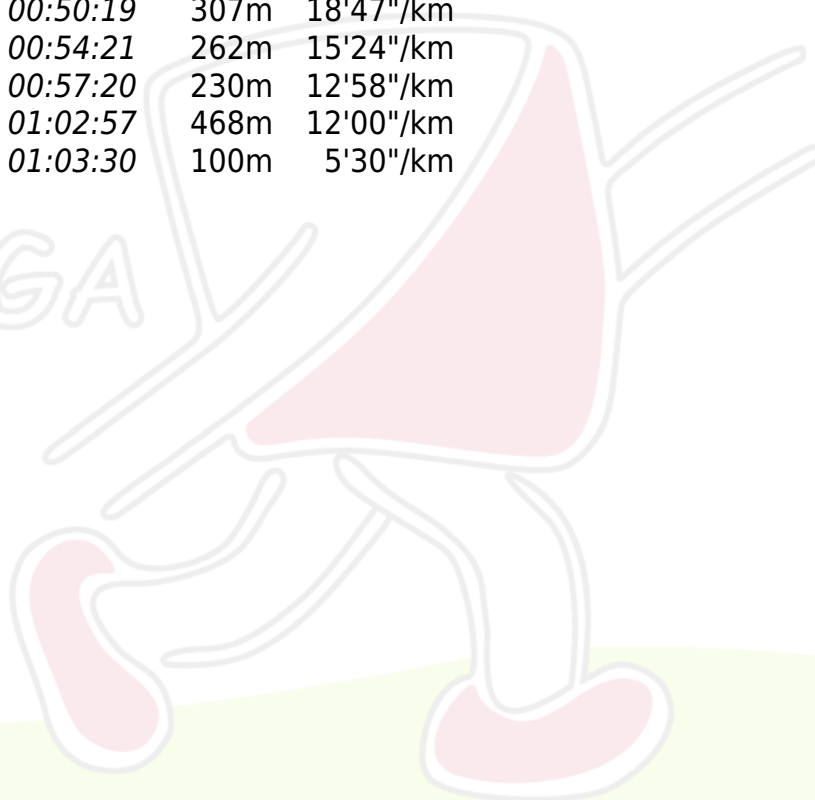
O.K.

[Full result on Webres](#)

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

1.	160	00:07:01		581m	12'05"/km
2.	118	00:10:24	00:17:25	504m	20'38"/km
3.	166	00:06:55	00:24:20	640m	10'48"/km
4.	123	00:02:32	00:26:52	141m	17'58"/km
5.	159	00:08:47	00:35:39	235m	37'23"/km
6.	174	00:03:29	00:39:08	280m	12'26"/km
7.	165	00:05:25	00:44:33	454m	11'56"/km
8.	176	00:05:46	00:50:19	307m	18'47"/km
9.	171	00:04:02	00:54:21	262m	15'24"/km
10.	117	00:02:59	00:57:20	230m	12'58"/km
11.	120	00:05:37	01:02:57	468m	12'00"/km
12.	999	00:00:33	01:03:30	100m	5'30"/km

HELGA



Orienteering Software