



# Nationale Lange afstand

## Dilsenerbos 6.11.2021

### Omega

**Jos HOUBEN**

K.O.L.

Omloop : H70

Afstand : 4330m (Hoogteverschil 120m)

Tijd : 1:09:23 (16'01"/km)

**14/20**

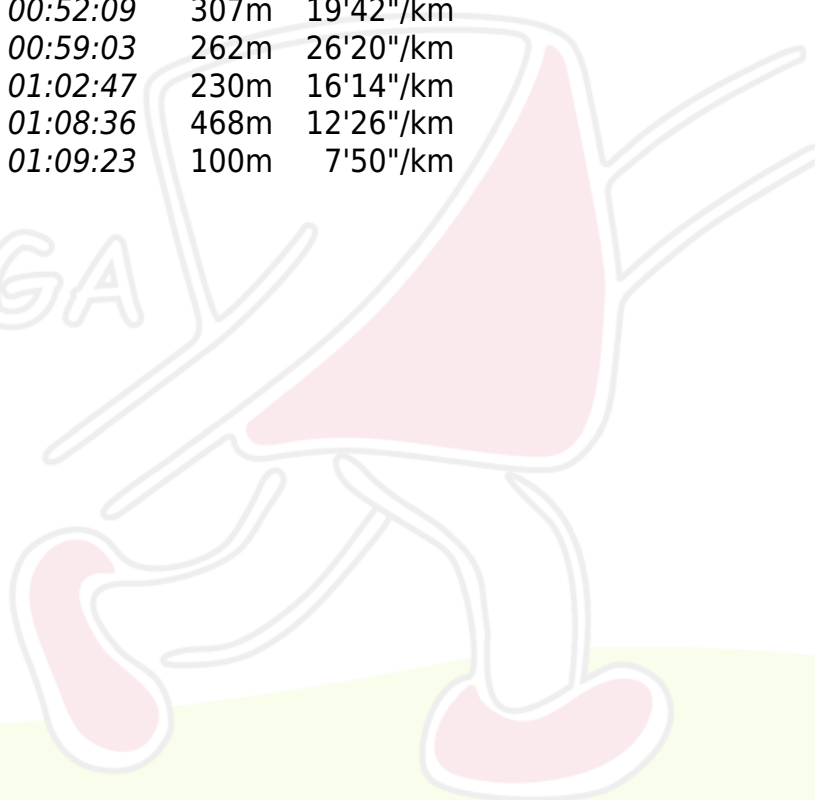
O.K.

[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 | 00:09:32 |          | 581m | 16'25"/km |
| 2.  | 118 | 00:07:53 | 00:17:25 | 504m | 15'38"/km |
| 3.  | 166 | 00:09:12 | 00:26:37 | 640m | 14'22"/km |
| 4.  | 123 | 00:02:33 | 00:29:10 | 141m | 18'05"/km |
| 5.  | 159 | 00:04:14 | 00:33:24 | 235m | 18'01"/km |
| 6.  | 174 | 00:04:59 | 00:38:23 | 280m | 17'48"/km |
| 7.  | 165 | 00:07:43 | 00:46:06 | 454m | 17'00"/km |
| 8.  | 176 | 00:06:03 | 00:52:09 | 307m | 19'42"/km |
| 9.  | 171 | 00:06:54 | 00:59:03 | 262m | 26'20"/km |
| 10. | 117 | 00:03:44 | 01:02:47 | 230m | 16'14"/km |
| 11. | 120 | 00:05:49 | 01:08:36 | 468m | 12'26"/km |
| 12. | 999 | 00:00:47 | 01:09:23 | 100m | 7'50"/km  |

HELGA



Orienteering Software