Nationale Lange afstand
Dilsenerbos 6.11.2021
Omega

Fernand SCHEELEN
hamok
Omloop : H70
Afstand : 4330m (Hoogteverschil 120m)
Tijd : 1:25:02 (19'38"/km)

16/20 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	00:09:09		581m	15'45"/km
2.	118	00:08:56	*00:18:05*	504m	17'43"/km
3.	166	00:08:16	*00:26:21*	640m	12'55"/km
4.	123	00:02:03	*00:28:24*	141m	14'32"/km
5.	159	00:06:53	*00:35:17*	235m	29'17"/km
6.	174	00:05:16	*00:40:33*	280m	18'49"/km
7.	165	00:07:57	*00:48:30*	454m	17'31"/km
8.	176	00:17:08	*01:05:38*	307m	55'49"/km
9.	171	00:07:46	*01:13:24*	262m	29'39"/km
10.	117	00:04:29	*01:17:53*	230m	19'30"/km
11.	120	00:06:21	*01:24:14*	468m	13'34"/km
12.	999	00:00:48	*01:25:02*	100m	8'00"/km

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