



# Nationale Lange afstand

## Dilsenerbos 6.11.2021

### Omega

**Nadine VERLINDEN**

ASUB

Course : SE

Distance : 3990m (Climbing 100m)

Time : 1:24:59 (21'18"/km)

**1/7**

O.K.

[Full result on Webres](#)

|                   |         |
|-------------------|---------|
| 2. Robert HOOFD   | 1:28:15 |
| 3. Domi KORSTJENS | 1:35:59 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 183 | 00:05:33 |          | 254m | 21'51"/km |
| 2.  | 119 | 00:04:32 | 00:10:05 | 315m | 14'23"/km |
| 3.  | 178 | 00:09:35 | 00:19:40 | 324m | 29'35"/km |
| 4.  | 179 | 00:07:59 | 00:27:39 | 327m | 24'25"/km |
| 5.  | 113 | 00:05:13 | 00:32:52 | 328m | 15'54"/km |
| 6.  | 114 | 00:14:12 | 00:47:04 | 726m | 19'34"/km |
| 7.  | 111 | 00:10:03 | 00:57:07 | 393m | 25'34"/km |
| 8.  | 182 | 00:02:18 | 00:59:25 | 149m | 15'26"/km |
| 9.  | 115 | 00:12:49 | 01:12:14 | 413m | 31'02"/km |
| 10. | 112 | 00:08:08 | 01:20:22 | 305m | 26'40"/km |
| 11. | 120 | 00:03:26 | 01:23:48 | 231m | 14'52"/km |
| 12. | 999 | 00:01:11 | 01:24:59 | 100m | 11'50"/km |

HELGA

Orienteering Software