



Nationale Lange afstand

Dilsenerbos 6.11.2021

Omega

Pawel PRUSZKOWSKI

Indiv.

Omloop : LD

Afstand : 8400m (Hoogteverschil 180m)

Tijd : 1:31:20 (10'52"/km)

4/6

O.K.

[Volledige uitslagen op Webres](#)

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|----------------------|---------|
| 1. Gunther DEFERME | 1:18:20 |
| 2. Nancy WENDERICKX | 1:21:41 |
| 3. Patrick KORSTJENS | 1:30:54 |

1.	165	00:10:52		931m	11'40"/km
2.	176	00:03:25	00:14:17	307m	11'08"/km
3.	164	00:03:14	00:17:31	246m	13'09"/km
4.	138	00:10:08	00:27:39	1235m	8'12"/km
5.	127	00:04:40	00:32:19	409m	11'25"/km
6.	140	00:01:29	00:33:48	116m	12'47"/km
7.	130	00:05:18	00:39:06	271m	19'33"/km
8.	131	00:05:11	00:44:17	340m	15'15"/km
9.	125	00:01:59	00:46:16	126m	15'44"/km
10.	171	00:14:11	01:00:27	1562m	9'05"/km
11.	121	00:02:23	01:02:50	130m	18'20"/km
12.	141	00:10:30	01:13:20	1140m	9'13"/km
13.	172	00:03:09	01:16:29	121m	26'02"/km
14.	154	00:02:48	01:19:17	155m	18'04"/km
15.	147	00:03:50	01:23:07	203m	18'53"/km
16.	161	00:04:33	01:27:40	465m	9'47"/km
17.	120	00:03:12	01:30:52	412m	7'46"/km
18.	999	00:00:28	01:31:20	100m	4'40"/km

Orienteering Software