



Nationale Lang
Weyervlakte 21.8.2022
Omega

Alfred SIMKENS

K.O.L.

Course : H70

Distance : 3750m

Time : 0:41:44,726 (11'08"/km)

7/19

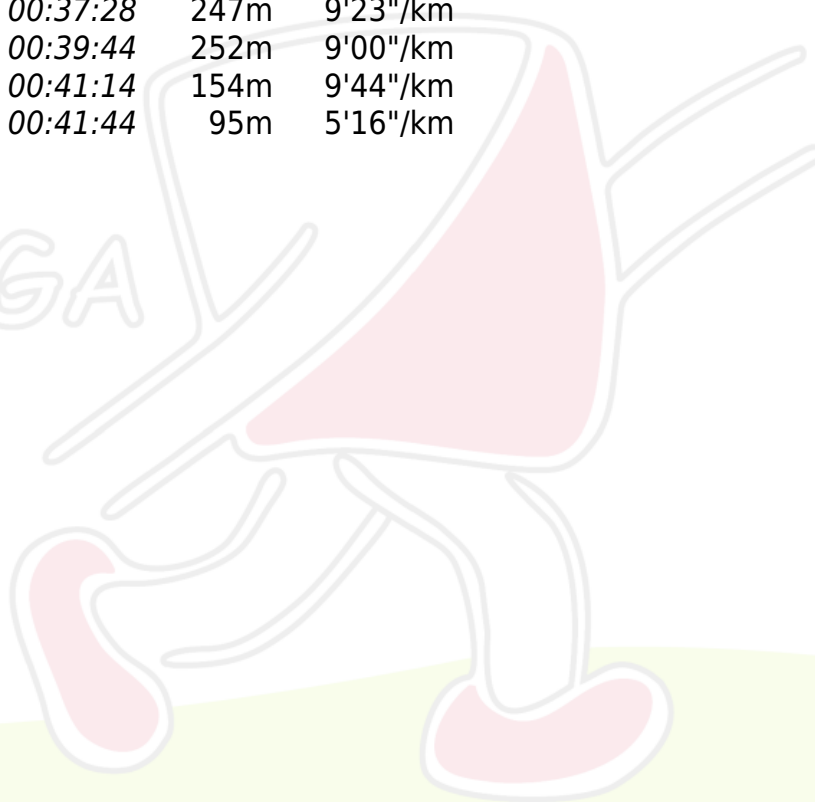
O.K.

[Full result on Webres](#)

- | | |
|----------------------|-------------|
| 1. Klaus HELD | 0:31:43,621 |
| 2. Frans WENS | 0:38:12 |
| 3. Jacques SILVESTRE | 0:38:29 |

1.	113	00:03:34		331m	10'47"/km
2.	171	00:03:11	00:06:45	363m	8'46"/km
3.	145	00:05:43	00:12:28	588m	9'43"/km
4.	143	00:02:55	00:15:23	398m	7'20"/km
5.	137	00:07:54	00:23:17	695m	11'22"/km
6.	170	00:08:30	00:31:47	247m	34'25"/km
7.	132	00:03:22	00:35:09	383m	8'47"/km
8.	129	00:02:19	00:37:28	247m	9'23"/km
9.	128	00:02:16	00:39:44	252m	9'00"/km
10.	180	00:01:30	00:41:14	154m	9'44"/km
11.	999	00:00:30	00:41:44	95m	5'16"/km

HELGA



Orienteering Software