



NK Lang Westerrode-Roekel

Ede 13.11.2022

argus

Herman ELFRINK

MINOR

Omloop : H55

Afstand : 8000m

Tijd : 1:33:11 (11'39"/km)

5/7

O.K.

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- | | |
|-----------------------------|---------|
| 1. Pim VAN DER WIJK | 1:13:27 |
| 2. Arie Willem VAN DEN BERG | 1:23:39 |
| 3. Klaas Jan HOFSTRA | 1:24:18 |

1.	46	00:05:19		591m	9'00"/km
2.	64	00:04:03	00:09:22	442m	9'10"/km
3.	49	00:02:21	00:11:43	218m	10'47"/km
4.	50	00:05:58	00:17:41	622m	9'36"/km
5.	32	00:01:53	00:19:34	171m	11'01"/km
6.	68	00:03:38	00:23:12	335m	10'51"/km
7.	34	00:04:48	00:28:00	511m	9'24"/km
8.	35	00:05:03	00:33:03	428m	11'48"/km
9.	66	00:04:16	00:37:19	413m	10'20"/km
10.	38	00:02:48	00:40:07	179m	15'39"/km
11.	36	00:02:30	00:42:37	200m	12'30"/km
12.	84	00:04:03	00:46:40	249m	16'16"/km
13.	67	00:04:36	00:51:16	444m	10'22"/km
14.	42	00:10:01	01:01:17	732m	13'41"/km
15.	45	00:07:52	01:09:09	609m	12'55"/km
16.	63	00:05:38	01:14:47	433m	13'01"/km
17.	56	00:03:16	01:18:03	266m	12'17"/km
18.	61	00:08:36	01:26:39	596m	14'26"/km
19.	62	00:02:33	01:29:12	196m	13'01"/km
20.	53	00:02:58	01:32:10	231m	12'51"/km
21.	999	00:01:01	01:33:11	130m	7'49"/km

Orienteering Software