



NK Middle Distance Kootwijkerzand 22-01-23

Kootwijkerzand 22.1.2023

argus

Herman ELFRINK

MINOR

Omloop : H45

Afstand : 5730m

Tijd : 1:10:05 (12'14"/km)

6/7

O.K.

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|----------------------|---------|
| 1. Michel DONGEN VAN | 0:54:13 |
| 2. Antal GUSZLEV | 0:54:16 |
| 3. Jona VECHT | 1:05:12 |

1.	77	00:02:07	90m	23'31"/km
2.	68	00:01:55 00:04:02	167m	11'29"/km
3.	40	00:04:24 00:08:26	413m	10'39"/km
4.	74	00:02:11 00:10:37	208m	10'30"/km
5.	44	00:02:36 00:13:13	158m	16'27"/km
6.	45	00:03:21 00:16:34	390m	8'35"/km
7.	59	00:02:40 00:19:14	316m	8'26"/km
8.	56	00:02:19 00:21:33	244m	9'30"/km
9.	79	00:01:28 00:23:01	114m	12'52"/km
10.	39	00:02:37 00:25:38	260m	10'04"/km
11.	58	00:00:52 00:26:30	89m	9'44"/km
12.	54	00:05:14 00:31:44	603m	8'41"/km
13.	67	00:07:46 00:39:30	231m	33'37"/km
14.	75	00:02:22 00:41:52	300m	7'53"/km
15.	60	00:02:32 00:44:24	231m	10'58"/km
16.	72	00:01:46 00:46:10	235m	7'31"/km
17.	69	00:03:18 00:49:28	387m	8'32"/km
18.	37	00:04:35 00:54:03	363m	12'38"/km
19.	43	00:09:08 01:03:11	210m	43'30"/km
20.	78	00:03:17 01:06:28	267m	12'18"/km
21.	66	00:02:44 01:09:12	281m	9'44"/km
22.	999	00:00:53 01:10:05	93m	9'30"/km

Orienteering Software