



NK Middle Distance Kootwijkerzand 22-01-23

Kootwijkerzand 22.1.2023

argus

Ronald POULISSEN

ARGUS

Omloop : H55

Afstand : 4490m

Tijd : 0:46:00 (10'15"/km)

5/11

O.K.

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- | | |
|-----------------------|---------|
| 1. Steven JOCHEMS | 0:40:07 |
| 2. Pim VAN DER WIJK | 0:41:39 |
| 3. Vincent VERSTAPPEN | 0:41:46 |

1.	47	00:03:25		195m	17'31"/km
2.	48	00:05:25	00:08:50	206m	26'18"/km
3.	53	00:04:49	00:13:39	343m	14'03"/km
4.	52	00:01:23	00:15:02	164m	8'26"/km
5.	45	00:03:10	00:18:12	417m	7'36"/km
6.	55	00:00:45	00:18:57	121m	6'12"/km
7.	67	00:01:43	00:20:40	214m	8'01"/km
8.	75	00:02:04	00:22:44	300m	6'53"/km
9.	57	00:00:52	00:23:36	109m	7'57"/km
10.	72	00:02:01	00:25:37	334m	6'02"/km
11.	73	00:02:19	00:27:56	244m	9'30"/km
12.	74	00:01:06	00:29:02	67m	16'25"/km
13.	49	00:03:18	00:32:20	329m	10'02"/km
14.	68	00:01:27	00:33:47	141m	10'17"/km
15.	70	00:03:52	00:37:39	213m	18'09"/km
16.	42	00:01:12	00:38:51	168m	7'09"/km
17.	71	00:02:51	00:41:42	247m	11'32"/km
18.	51	00:02:05	00:43:47	278m	7'30"/km
19.	66	00:01:29	00:45:16	228m	6'30"/km
20.	999	00:00:44	00:46:00	93m	7'53"/km

Orienteering Software