



# NK Middle Distance Kootwijkerzand 22-01-23

## Kootwijkerzand 22.1.2023

argus

### Karl-Heinz SEEFELD

OLV Uslar 1976 e.V.

Omloop : H55

Afstand : 4490m

Tijd : 1:04:19 (14'19"/km)

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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  | 00:06:40 |          | 195m | 34'11"/km |
| 2.  | 48  | 00:02:21 | 00:09:01 | 206m | 11'24"/km |
| 3.  | 53  | 00:05:38 | 00:14:39 | 343m | 16'25"/km |
| 4.  | 52  | 00:02:50 | 00:17:29 | 164m | 17'17"/km |
| 5.  | 45  | 00:05:04 | 00:22:33 | 417m | 12'09"/km |
| 6.  | 55  | 00:01:05 | 00:23:38 | 121m | 8'57"/km  |
| 7.  | 67  | 00:03:05 | 00:26:43 | 214m | 14'24"/km |
| 8.  | 75  | 00:03:01 | 00:29:44 | 300m | 10'03"/km |
| 9.  | 57  | 00:01:27 | 00:31:11 | 109m | 13'18"/km |
| 10. | 72  | 00:03:18 | 00:34:29 | 334m | 9'53"/km  |
| 11. | 73  | 00:03:32 | 00:38:01 | 244m | 14'29"/km |
| 12. | 74  | 00:03:16 | 00:41:17 | 67m  | 48'45"/km |
| 13. | 49  | 00:03:55 | 00:45:12 | 329m | 11'54"/km |
| 14. | 68  | 00:02:10 | 00:47:22 | 141m | 15'22"/km |
| 15. | 70  | 00:03:13 | 00:50:35 | 213m | 15'06"/km |
| 16. | 42  | 00:02:53 | 00:53:28 | 168m | 17'10"/km |
| 17. | 71  | 00:04:16 | 00:57:44 | 247m | 17'16"/km |
| 18. | 51  | 00:03:11 | 01:00:55 | 278m | 11'27"/km |
| 19. | 66  | 00:02:11 | 01:03:06 | 228m | 9'35"/km  |
| 20. | 999 | 00:01:13 | 01:04:19 | 93m  | 13'05"/km |

Orienteering Software