



# Nederlands kampioenschap lange afstand

## Oirschot 17.9.2023

### KOVZ

**Elina BOUWENS**

TROL

Omloop : D-14

Afstand : 4910m

Tijd : 1:00:17 (12'17"/km)

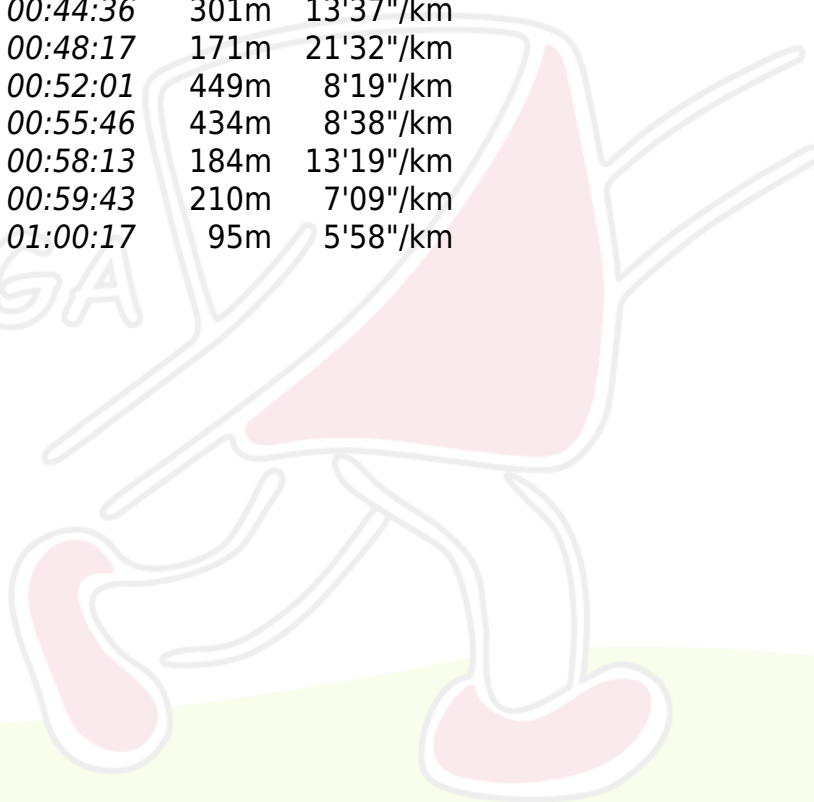
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O.K.

[Volledige uitslagen op Webres](#)

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 102 | 00:06:28 |          | 354m | 18'16"/km |
| 2.  | 108 | 00:06:09 | 00:12:37 | 639m | 9'37"/km  |
| 3.  | 114 | 00:04:12 | 00:16:49 | 161m | 26'05"/km |
| 4.  | 107 | 00:02:00 | 00:18:49 | 159m | 12'35"/km |
| 5.  | 106 | 00:02:52 | 00:21:41 | 260m | 11'02"/km |
| 6.  | 115 | 00:06:54 | 00:28:35 | 543m | 12'42"/km |
| 7.  | 116 | 00:11:55 | 00:40:30 | 809m | 14'44"/km |
| 8.  | 117 | 00:04:06 | 00:44:36 | 301m | 13'37"/km |
| 9.  | 118 | 00:03:41 | 00:48:17 | 171m | 21'32"/km |
| 10. | 119 | 00:03:44 | 00:52:01 | 449m | 8'19"/km  |
| 11. | 120 | 00:03:45 | 00:55:46 | 434m | 8'38"/km  |
| 12. | 121 | 00:02:27 | 00:58:13 | 184m | 13'19"/km |
| 13. | 150 | 00:01:30 | 00:59:43 | 210m | 7'09"/km  |
| 14. | 999 | 00:00:34 | 01:00:17 | 95m  | 5'58"/km  |

HELGA



Orienteering Software