



# Nederlands kampioenschap lange afstand

## Oirschot 17.9.2023

### KOVZ

**Marie-Christine METTEN**

K.O.L.

Omloop : D65

Afstand : 5120m

Tijd : 1:27:07 (17'01"/km)

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O.K.

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|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 134 | 00:07:56 |          | 375m | 21'09"/km |
| 2.  | 136 | 00:05:22 | 00:13:18 | 365m | 14'42"/km |
| 3.  | 137 | 00:03:16 | 00:16:34 | 106m | 30'49"/km |
| 4.  | 155 | 00:12:28 | 00:29:02 | 768m | 16'14"/km |
| 5.  | 157 | 00:02:38 | 00:31:40 | 147m | 17'55"/km |
| 6.  | 147 | 00:06:32 | 00:38:12 | 357m | 18'18"/km |
| 7.  | 145 | 00:04:22 | 00:42:34 | 192m | 22'45"/km |
| 8.  | 132 | 00:11:33 | 00:54:07 | 634m | 18'13"/km |
| 9.  | 131 | 00:03:43 | 00:57:50 | 183m | 20'19"/km |
| 10. | 156 | 00:15:18 | 01:13:08 | 843m | 18'09"/km |
| 11. | 151 | 00:02:05 | 01:15:13 | 126m | 16'32"/km |
| 12. | 153 | 00:02:18 | 01:17:31 | 114m | 20'11"/km |
| 13. | 113 | 00:04:22 | 01:21:53 | 305m | 14'19"/km |
| 14. | 159 | 00:03:35 | 01:25:28 | 293m | 12'14"/km |
| 15. | 150 | 00:00:54 | 01:26:22 | 76m  | 11'51"/km |
| 16. | 999 | 00:00:45 | 01:27:07 | 95m  | 7'54"/km  |

Orienteering Software