



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Nicolas SPILIERS

Antwerp Orienteers

Omloop : H40

Afstand : 8050m

Tijd : 1:01:10 (7'36"/km)

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O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Aleksei MOROZOV | 0:49:11 |
| 2. Timo VISSER | 0:54:51 |
| 3. Garnt SWINKELS | 0:55:23 |

1.	134	00:03:58		375m	10'35"/km
2.	138	00:02:27	00:06:25	434m	5'39"/km
3.	114	00:03:57	00:10:22	435m	9'05"/km
4.	128	00:10:49	00:21:11	1497m	7'14"/km
5.	123	00:01:53	00:23:04	248m	7'36"/km
6.	124	00:02:50	00:25:54	327m	8'40"/km
7.	127	00:01:47	00:27:41	228m	7'49"/km
8.	126	00:00:46	00:28:27	71m	10'48"/km
9.	122	00:03:21	00:31:48	400m	8'23"/km
10.	141	00:04:07	00:35:55	572m	7'12"/km
11.	148	00:03:19	00:39:14	418m	7'56"/km
12.	130	00:04:11	00:43:25	533m	7'51"/km
13.	131	00:02:40	00:46:05	289m	9'14"/km
14.	132	00:01:24	00:47:29	183m	7'39"/km
15.	151	00:05:28	00:52:57	789m	6'56"/km
16.	156	00:00:53	00:53:50	126m	7'01"/km
17.	155	00:01:46	00:55:36	201m	8'47"/km
18.	159	00:04:35	01:00:11	616m	7'26"/km
19.	150	00:00:27	01:00:38	76m	5'55"/km
20.	999	00:00:32	01:01:10	95m	5'37"/km

Orienteering Software