



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Roelof POSTHOUWER

MINOR

Omloop : H45

Afstand : 8050m

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niet geklasseerd

[Volledige uitslagen op Webres](#)

- | | |
|----------------------|---------|
| 1. Michel VAN DONGEN | 0:59:48 |
| 2. Jeroen LIEFRINK | 1:04:06 |
| 3. Maksim GOLOV | 1:22:57 |

1.	134	00:03:34		375m	9'31"/km
2.	138	00:02:59	00:06:33	434m	6'52"/km
3.	114	00:04:03	00:10:36	435m	9'19"/km
4.	128	00:09:22	00:19:58	1497m	6'15"/km
5.	123	00:02:27	00:22:25	248m	9'53"/km
6.	124	00:03:32	00:25:57	327m	10'48"/km
7.	127	00:01:57	00:27:54	228m	8'33"/km
8.	126	00:05:20	00:33:14	71m	75'07"/km
9.	122	00:03:41	00:36:55	400m	9'12"/km
10.	141	00:04:16	00:41:11	572m	7'28"/km
11.	148	00:03:22	00:44:33	418m	8'03"/km
12.	130	00:04:11	00:48:44	533m	7'51"/km
13.	131	00:02:28	00:51:12	289m	8'32"/km
14.	132	00:02:43	00:53:55	183m	14'51"/km
15.	158	00:06:01	00:59:56		
16.	156	00:00:18	01:00:14		
17.	155	00:01:36	01:01:50	201m	7'58"/km
18.	149	00:03:56	01:05:46		
19.	159	00:00:34	01:06:20		
20.	150	00:00:27	01:06:47	76m	5'55"/km
21.	999	00:00:25	01:07:12	95m	4'23"/km

Orienteering Software