



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Espen Fyhn NILSEN

Olifant

Omloop : H55

Afstand : 7110m

Tijd : 1:16:23 (10'45"/km)

7/16

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Pär HERNFLO | 1:01:12 |
| 2. Pim VAN DER WIJK | 1:02:52 |
| 3. Steven JOCHEMS | 1:10:58 |

1.	135	00:02:59		198m	15'04"/km
2.	133	00:03:32	00:06:31	224m	15'46"/km
3.	136	00:03:32	00:10:03	365m	9'41"/km
4.	114	00:05:31	00:15:34	492m	11'13"/km
5.	148	00:09:37	00:25:11	1193m	8'04"/km
6.	128	00:02:48	00:27:59	319m	8'47"/km
7.	123	00:03:29	00:31:28	248m	14'03"/km
8.	124	00:04:24	00:35:52	327m	13'27"/km
9.	127	00:02:48	00:38:40	228m	12'17"/km
10.	125	00:02:27	00:41:07	135m	18'09"/km
11.	132	00:07:33	00:48:40	727m	10'23"/km
12.	145	00:07:53	00:56:33	634m	12'26"/km
13.	147	00:01:59	00:58:32	192m	10'20"/km
14.	154	00:06:37	01:05:09	592m	11'11"/km
15.	158	00:02:32	01:07:41	199m	12'44"/km
16.	151	00:00:55	01:08:36	77m	11'54"/km
17.	153	00:01:16	01:09:52	114m	11'07"/km
18.	149	00:04:52	01:14:44	512m	9'30"/km
19.	150	00:01:01	01:15:45	98m	10'22"/km
20.	999	00:00:38	01:16:23	95m	6'40"/km

Orienteering Software