



NK Middle Distance Kootwijkerzand 22-01-23

Kootwijkerzand 22.1.2023

argus

Lieke VAN OPSTAL

KOVZ

Omloop : D21

Afstand : 5730m

Tijd : 0:45:38 (7'58"/km)

2/14

O.K.

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|--------------------|---------|
| 1. Sadie ZWIKKER | 0:45:28 |
| 3. Tjitske BREIMER | 0:50:55 |

1.	77	00:01:31	90m	16'51"/km
2.	68	00:01:26 00:02:57	167m	8'35"/km
3.	40	00:03:38 00:06:35	413m	8'48"/km
4.	74	00:01:33 00:08:08	208m	7'27"/km
5.	44	00:01:43 00:09:51	158m	10'52"/km
6.	45	00:02:33 00:12:24	390m	6'32"/km
7.	59	00:02:05 00:14:29	316m	6'36"/km
8.	56	00:02:03 00:16:32	244m	8'24"/km
9.	79	00:01:30 00:18:02	114m	13'09"/km
10.	39	00:01:53 00:19:55	260m	7'15"/km
11.	58	00:00:44 00:20:39	89m	8'14"/km
12.	54	00:04:08 00:24:47	603m	6'51"/km
13.	67	00:01:45 00:26:32	231m	7'35"/km
14.	75	00:02:08 00:28:40	300m	7'07"/km
15.	60	00:01:48 00:30:28	231m	7'48"/km
16.	72	00:01:38 00:32:06	235m	6'57"/km
17.	69	00:02:44 00:34:50	387m	7'04"/km
18.	37	00:03:33 00:38:23	363m	9'47"/km
19.	43	00:02:13 00:40:36	210m	10'33"/km
20.	78	00:02:10 00:42:46	267m	8'07"/km
21.	66	00:01:59 00:44:45	281m	7'03"/km
22.	999	00:00:53 00:45:38	93m	9'30"/km

Orienteering Software