# NK Middle Distance Kootwijkerzand 22-01-23
## Kootwijkerzand 22.1.2023
## argus

**Ralph KURT**
KOVZ
Omloop : H50
Afstand : 4490m
Tijd : 0:37:40 (8'23"/km)

**2/11** O.K.

Volledige uitslagen op Webres

1. Marco MENSINK 0:33:06
3. Ronald HENDRIKS 0:40:22

| | | | | | |
|---|---|---|---|---|---|
| 1. | 47 | 00:02:45 | | 195m | 14'06"/km |
| 2. | 48 | 00:01:38 | *00:04:23* | 206m | 7'56"/km |
| 3. | 53 | 00:03:03 | *00:07:26* | 343m | 8'54"/km |
| 4. | 52 | 00:01:17 | *00:08:43* | 164m | 7'50"/km |
| 5. | 45 | 00:03:06 | *00:11:49* | 417m | 7'26"/km |
| 6. | 55 | 00:00:45 | *00:12:34* | 121m | 6'12"/km |
| 7. | 67 | 00:01:32 | *00:14:06* | 214m | 7'10"/km |
| 8. | 75 | 00:02:01 | *00:16:07* | 300m | 6'43"/km |
| 9. | 57 | 00:00:49 | *00:16:56* | 109m | 7'30"/km |
| 10. | 72 | 00:02:10 | *00:19:06* | 334m | 6'29"/km |
| 11. | 73 | 00:03:26 | *00:22:32* | 244m | 14'04"/km |
| 12. | 74 | 00:00:51 | *00:23:23* | 67m | 12'41"/km |
| 13. | 49 | 00:02:29 | *00:25:52* | 329m | 7'33"/km |
| 14. | 68 | 00:01:13 | *00:27:05* | 141m | 8'38"/km |
| 15. | 70 | 00:02:12 | *00:29:17* | 213m | 10'20"/km |
| 16. | 42 | 00:01:18 | *00:30:35* | 168m | 7'44"/km |
| 17. | 71 | 00:02:46 | *00:33:21* | 247m | 11'12"/km |
| 18. | 51 | 00:02:16 | *00:35:37* | 278m | 8'09"/km |
| 19. | 66 | 00:01:15 | *00:36:52* | 228m | 5'29"/km |
| 20. | 999 | 00:00:48 | *00:37:40* | 93m | 8'36"/km |

Orienteering Software

© HELGA Orienteering Software - www.HELGA-O.com