



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Claudia ROOMAN

Antwerp Orienteers

Course : D21

Distance : 8050m

Time : 1:13:57 (9'11"/km)

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O.K.

[Full result on Webres](#)

- | | |
|----------------------------|---------|
| 1. Eva VAN BOVEN | 1:08:12 |
| 2. Sanne VAN BEEK | 1:08:58 |
| 3. Machteld VAN DER HOEVEN | 1:10:07 |

1.	134	00:05:17		375m	14'05"/km
2.	138	00:03:10	00:08:27	434m	7'18"/km
3.	114	00:03:52	00:12:19	435m	8'53"/km
4.	128	00:10:57	00:23:16	1497m	7'19"/km
5.	123	00:02:38	00:25:54	248m	10'37"/km
6.	124	00:03:20	00:29:14	327m	10'12"/km
7.	127	00:01:58	00:31:12	228m	8'38"/km
8.	126	00:02:09	00:33:21	71m	30'17"/km
9.	122	00:04:08	00:37:29	400m	10'20"/km
10.	141	00:05:13	00:42:42	572m	9'07"/km
11.	148	00:02:59	00:45:41	418m	7'08"/km
12.	130	00:04:05	00:49:46	533m	7'40"/km
13.	131	00:02:32	00:52:18	289m	8'46"/km
14.	132	00:02:00	00:54:18	183m	10'56"/km
15.	151	00:10:27	01:04:45	789m	13'15"/km
16.	156	00:01:00	01:05:45	126m	7'56"/km
17.	155	00:02:01	01:07:46	201m	10'02"/km
18.	159	00:05:11	01:12:57	616m	8'25"/km
19.	150	00:00:31	01:13:28	76m	6'48"/km
20.	999	00:00:29	01:13:57	95m	5'05"/km

Orienteering Software