



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Elif Yurdanur TAŞEL

Free runners

Omloop : D70

Afstand : 3550m

Tijd : 1:16:33 (21'34"/km)

--/7

O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Monica ROELING | 0:52:59 |
| 2. Christa ZWIKKER | 1:04:10 |

1.	135	00:06:07		198m	30'54"/km
2.	134	00:04:37	00:10:44	186m	24'49"/km
3.	156	00:14:08	00:24:52	512m	27'36"/km
4.	153	00:04:19	00:29:11	174m	24'49"/km
5.	157	00:03:26	00:32:37	215m	15'58"/km
6.	147	00:05:16	00:37:53	357m	14'45"/km
7.	145	00:10:27	00:48:20	192m	54'26"/km
8.	154	00:09:25	00:57:45	645m	14'36"/km
9.	151	00:05:36	01:03:21	256m	21'52"/km
10.	152	00:05:16	01:08:37	210m	25'05"/km
11.	149	00:04:44	01:13:21	268m	17'40"/km
12.	150	00:02:23	01:15:44	98m	24'19"/km
13.	999	00:00:49	01:16:33	95m	8'36"/km

HELGA

Orienteering Software