



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

André CARDEIRA

Free runners

Omloop : H40

Afstand : 8050m

Tijd : 1:03:38 (7'54"/km)

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O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Aleksei MOROZOV | 0:49:11 |
| 2. Timo VISSER | 0:54:51 |
| 3. Garnt SWINKELS | 0:55:23 |

1.	134	00:03:24		375m	9'04"/km
2.	138	00:03:02	00:06:26	434m	6'59"/km
3.	114	00:03:44	00:10:10	435m	8'35"/km
4.	128	00:08:51	00:19:01	1497m	5'55"/km
5.	123	00:02:12	00:21:13	248m	8'52"/km
6.	124	00:03:26	00:24:39	327m	10'30"/km
7.	127	00:01:44	00:26:23	228m	7'36"/km
8.	126	00:02:21	00:28:44	71m	33'06"/km
9.	122	00:03:57	00:32:41	400m	9'53"/km
10.	141	00:03:57	00:36:38	572m	6'54"/km
11.	148	00:06:09	00:42:47	418m	14'43"/km
12.	130	00:04:23	00:47:10	533m	8'13"/km
13.	131	00:02:04	00:49:14	289m	7'09"/km
14.	132	00:01:25	00:50:39	183m	7'44"/km
15.	151	00:05:21	00:56:00	789m	6'47"/km
16.	156	00:01:03	00:57:03	126m	8'20"/km
17.	155	00:01:31	00:58:34	201m	7'33"/km
18.	159	00:04:11	01:02:45	616m	6'47"/km
19.	150	00:00:28	01:03:13	76m	6'08"/km
20.	999	00:00:25	01:03:38	95m	4'23"/km

Orienteering Software