



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Kim JANSEN

KOVZ

Omloop : H45

Afstand : 8050m

Tijd : 0:58:52 (7'19"/km)

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O.K.

[Volledige uitslagen op Webres](#)

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|----------------------|---------|
| 1. Michel VAN DONGEN | 0:59:48 |
| 2. Jeroen LIEFRINK | 1:04:06 |
| 3. Maksim GOLOV | 1:22:57 |

1.	134	00:03:39		375m	9'44"/km
2.	138	00:02:34	00:06:13	434m	5'55"/km
3.	114	00:02:53	00:09:06	435m	6'38"/km
4.	128	00:08:50	00:17:56	1497m	5'54"/km
5.	123	00:02:20	00:20:16	248m	9'25"/km
6.	124	00:03:49	00:24:05	327m	11'40"/km
7.	127	00:01:46	00:25:51	228m	7'45"/km
8.	126	00:00:57	00:26:48	71m	13'23"/km
9.	122	00:03:05	00:29:53	400m	7'42"/km
10.	141	00:04:33	00:34:26	572m	7'57"/km
11.	148	00:02:35	00:37:01	418m	6'11"/km
12.	130	00:04:05	00:41:06	533m	7'40"/km
13.	131	00:02:40	00:43:46	289m	9'14"/km
14.	132	00:01:49	00:45:35	183m	9'56"/km
15.	151	00:05:27	00:51:02	789m	6'54"/km
16.	156	00:01:07	00:52:09	126m	8'52"/km
17.	155	00:01:26	00:53:35	201m	7'08"/km
18.	159	00:04:19	00:57:54	616m	7'00"/km
19.	150	00:00:33	00:58:27	76m	7'14"/km
20.	999	00:00:25	00:58:52	95m	4'23"/km

Orienteering Software