



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Roel SMOLDERS

K.O.L.

Omloop : H45

Afstand : 8050m

Tijd : 1:11:10 (8'50"/km)

--/9

O.K.

[Volledige uitslagen op Webres](#)

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

1.	134	00:03:40		375m	9'47"/km
2.	138	00:03:04	00:06:44	434m	7'04"/km
3.	114	00:03:28	00:10:12	435m	7'58"/km
4.	128	00:10:22	00:20:34	1497m	6'55"/km
5.	123	00:04:34	00:25:08	248m	18'25"/km
6.	124	00:03:59	00:29:07	327m	12'11"/km
7.	127	00:02:00	00:31:07	228m	8'46"/km
8.	126	00:01:37	00:32:44	71m	22'46"/km
9.	122	00:03:50	00:36:34	400m	9'35"/km
10.	141	00:04:45	00:41:19	572m	8'18"/km
11.	148	00:03:41	00:45:00	418m	8'49"/km
12.	130	00:04:21	00:49:21	533m	8'10"/km
13.	131	00:02:43	00:52:04	289m	9'24"/km
14.	132	00:01:56	00:54:00	183m	10'34"/km
15.	151	00:07:01	01:01:01	789m	8'54"/km
16.	156	00:01:10	01:02:11	126m	9'16"/km
17.	155	00:02:23	01:04:34	201m	11'51"/km
18.	159	00:05:28	01:10:02	616m	8'52"/km
19.	150	00:00:38	01:10:40	76m	8'20"/km
20.	999	00:00:30	01:11:10	95m	5'16"/km

Orienteering Software