



# Nederlands kampioenschap lange afstand

## Oirschot 17.9.2023

### KOVZ

**John GRAAFMANS**

KOVZ

Omloop : H55

Afstand : 7110m

Tijd : 1:13:41 (10'22"/km)

**4/16**

O.K.

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- |                     |         |
|---------------------|---------|
| 1. Pär HERNFLO      | 1:01:12 |
| 2. Pim VAN DER WIJK | 1:02:52 |
| 3. Steven JOCHEMS   | 1:10:58 |

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 135 | 00:02:24 |          | 198m  | 12'07"/km |
| 2.  | 133 | 00:02:09 | 00:04:33 | 224m  | 9'36"/km  |
| 3.  | 136 | 00:02:28 | 00:07:01 | 365m  | 6'45"/km  |
| 4.  | 114 | 00:04:27 | 00:11:28 | 492m  | 9'03"/km  |
| 5.  | 148 | 00:11:38 | 00:23:06 | 1193m | 9'45"/km  |
| 6.  | 128 | 00:02:39 | 00:25:45 | 319m  | 8'18"/km  |
| 7.  | 123 | 00:03:51 | 00:29:36 | 248m  | 15'31"/km |
| 8.  | 124 | 00:02:45 | 00:32:21 | 327m  | 8'25"/km  |
| 9.  | 127 | 00:02:33 | 00:34:54 | 228m  | 11'11"/km |
| 10. | 125 | 00:01:52 | 00:36:46 | 135m  | 13'50"/km |
| 11. | 132 | 00:06:35 | 00:43:21 | 727m  | 9'03"/km  |
| 12. | 145 | 00:04:41 | 00:48:02 | 634m  | 7'23"/km  |
| 13. | 117 | 00:02:54 | 00:50:56 |       |           |
| 14. | 147 | 00:01:08 | 00:52:04 |       |           |
| 15. | 154 | 00:12:40 | 01:04:44 | 592m  | 21'24"/km |
| 16. | 158 | 00:01:59 | 01:06:43 | 199m  | 9'58"/km  |
| 17. | 151 | 00:00:34 | 01:07:17 | 77m   | 7'22"/km  |
| 18. | 153 | 00:00:54 | 01:08:11 | 114m  | 7'54"/km  |
| 19. | 149 | 00:04:00 | 01:12:11 | 512m  | 7'49"/km  |
| 20. | 150 | 00:01:05 | 01:13:16 | 98m   | 11'03"/km |
| 21. | 999 | 00:00:25 | 01:13:41 | 95m   | 4'23"/km  |

Orienteering Software