



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Noël NIJSTEN

Borasca

Omloop : H55

Afstand : 7110m

Tijd : 1:05:53 (9'16"/km)

--/16

O.K.

[Volledige uitslagen op Webres](#)

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

1.	135	00:02:12		198m	11'07"/km
2.	133	00:01:42	00:03:54	224m	7'35"/km
3.	136	00:02:20	00:06:14	365m	6'24"/km
4.	114	00:03:59	00:10:13	492m	8'06"/km
5.	148	00:09:31	00:19:44	1193m	7'59"/km
6.	128	00:02:15	00:21:59	319m	7'03"/km
7.	123	00:03:00	00:24:59	248m	12'06"/km
8.	124	00:03:02	00:28:01	327m	9'17"/km
9.	127	00:02:21	00:30:22	228m	10'18"/km
10.	125	00:05:18	00:35:40	135m	39'16"/km
11.	132	00:05:48	00:41:28	727m	7'59"/km
12.	145	00:06:03	00:47:31	634m	9'33"/km
13.	147	00:02:54	00:50:25	192m	15'06"/km
14.	154	00:06:58	00:57:23	592m	11'46"/km
15.	158	00:01:39	00:59:02	199m	8'17"/km
16.	151	00:00:36	00:59:38	77m	7'48"/km
17.	153	00:01:04	01:00:42	114m	9'21"/km
18.	149	00:03:59	01:04:41	512m	7'47"/km
19.	150	00:00:40	01:05:21	98m	6'48"/km
20.	999	00:00:32	01:05:53	95m	5'37"/km

Orienteering Software