



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Adriaan BAAS

HOC'93

Omloop : H60

Afstand : 5120m

Tijd : 0:49:04 (9'35"/km)

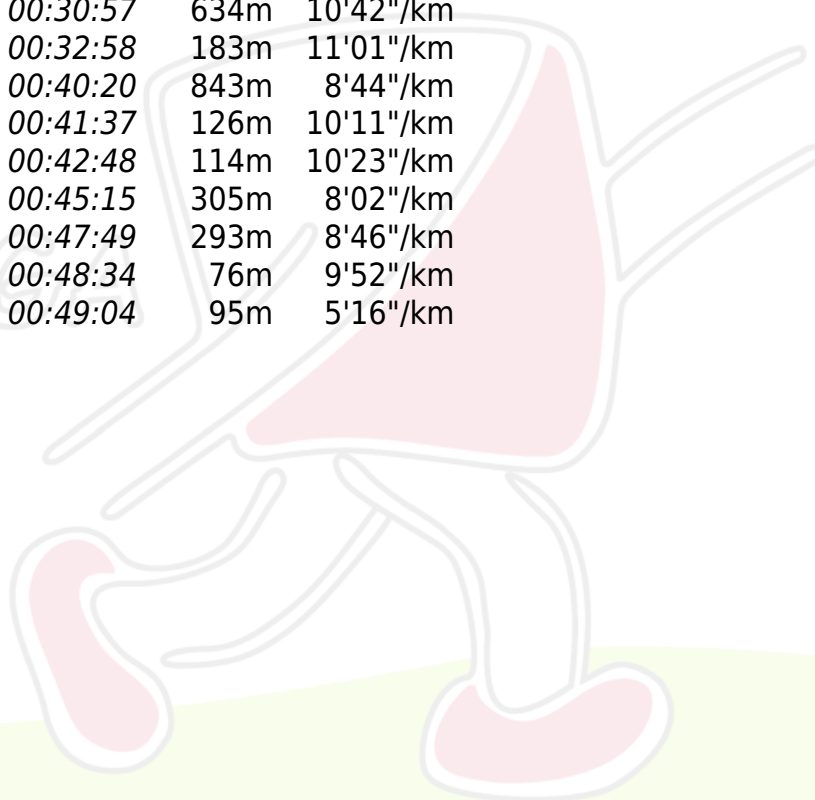
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O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Hennie KENNIS | 0:44:54 |
| 2. Henk SNIJDERS | 0:47:07 |

1.	134	00:03:59		375m	10'37"/km
2.	136	00:05:32	00:09:31	365m	15'10"/km
3.	137	00:01:06	00:10:37	106m	10'23"/km
4.	155	00:07:11	00:17:48	768m	9'21"/km
5.	157	00:01:16	00:19:04	147m	8'37"/km
6.	147	00:03:25	00:22:29	357m	9'34"/km
7.	145	00:01:41	00:24:10	192m	8'46"/km
8.	132	00:06:47	00:30:57	634m	10'42"/km
9.	131	00:02:01	00:32:58	183m	11'01"/km
10.	156	00:07:22	00:40:20	843m	8'44"/km
11.	151	00:01:17	00:41:37	126m	10'11"/km
12.	153	00:01:11	00:42:48	114m	10'23"/km
13.	113	00:02:27	00:45:15	305m	8'02"/km
14.	159	00:02:34	00:47:49	293m	8'46"/km
15.	150	00:00:45	00:48:34	76m	9'52"/km
16.	999	00:00:30	00:49:04	95m	5'16"/km



Orienteering Software