



Nederlands kampioenschap Middle & Klompen-OL 2024

Weerterbergen 29.9.2024

KOVZ

Piet DEFERME

Free runners

Omloop : Omloop 9

Afstand : 8950m

Tijd : 1:25:08 (9'31"/km)

4/8

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------------|---------|
| 1. Liesbeth VAN DE VELDE | 1:17:56 |
| 2. Kim JANSEN | 1:18:40 |
| 3. Lionel MELINARD | 1:23:23 |

1.	124	00:02:43		311m	8'44"/km
2.	130	00:04:08	00:06:51	631m	6'33"/km
3.	136	00:01:07	00:07:58	140m	7'59"/km
4.	137	00:01:34	00:09:32	182m	8'36"/km
5.	131	00:01:36	00:11:08	144m	11'07"/km
6.	160	00:04:04	00:15:12	476m	8'33"/km
7.	154	00:01:08	00:16:20	129m	8'47"/km
8.	156	00:02:30	00:18:50	303m	8'15"/km
9.	134	00:01:34	00:20:24	114m	13'45"/km
10.	135	00:02:05	00:22:29	277m	7'31"/km
11.	133	00:02:54	00:25:23	372m	7'48"/km
12.	118	00:06:01	00:31:24	851m	7'04"/km
13.	119	00:02:04	00:33:28	205m	10'05"/km
14.	105	00:04:37	00:38:05	582m	7'56"/km
15.	141	00:00:47	00:38:52	111m	7'03"/km
16.	153	00:02:11	00:41:03	285m	7'40"/km
17.	152	00:05:05	00:46:08	267m	19'02"/km
18.	151	00:02:08	00:48:16	234m	9'07"/km
19.	157	00:01:17	00:49:33	168m	7'38"/km
20.	148	00:03:39	00:53:12	451m	8'06"/km
21.	142	00:02:15	00:55:27	266m	8'28"/km
22.	158	00:02:04	00:57:31	263m	7'51"/km
23.	113	00:02:52	01:00:23	264m	10'52"/km
24.	132	00:05:09	01:05:32	398m	12'56"/km
25.	108	00:02:25	01:07:57	237m	10'12"/km
26.	160	00:07:07	01:15:04		
27.	109	00:02:04	01:17:08	272m	7'36"/km
28.	146	00:01:05	01:18:13	138m	7'51"/km
29.	122	00:02:24	01:20:37	294m	8'10"/km
30.	103	00:03:13	01:23:50	371m	8'40"/km
31.	100	00:00:47	01:24:37	101m	7'45"/km
32.	999	00:00:31	01:25:08	101m	5'07"/km