



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Monica ROELING

KOVZ

Omloop : D70

Afstand : 3550m

Tijd : 0:52:59 (14'55"/km)

1/7

O.K.

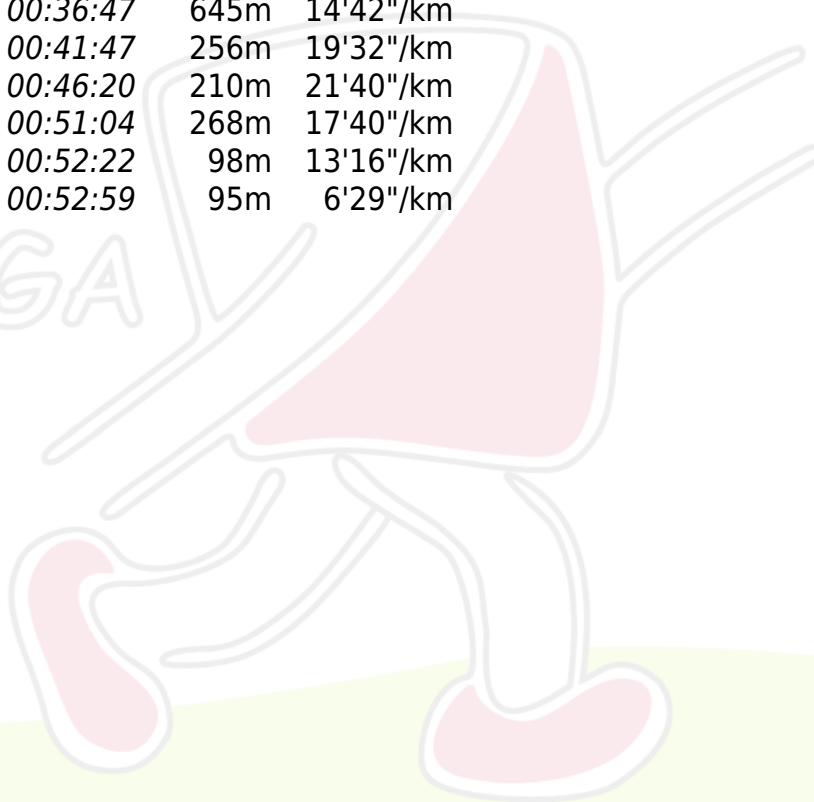
[Volledige uitslagen op Webres](#)

2. Christa ZWIKKER

1:04:10

1.	135	00:03:37		198m	18'16"/km
2.	134	00:02:49	00:06:26	186m	15'09"/km
3.	156	00:06:41	00:13:07	512m	13'03"/km
4.	153	00:03:23	00:16:30	174m	19'27"/km
5.	157	00:03:01	00:19:31	215m	14'02"/km
6.	147	00:04:53	00:24:24	357m	13'41"/km
7.	145	00:02:54	00:27:18	192m	15'06"/km
8.	154	00:09:29	00:36:47	645m	14'42"/km
9.	151	00:05:00	00:41:47	256m	19'32"/km
10.	152	00:04:33	00:46:20	210m	21'40"/km
11.	149	00:04:44	00:51:04	268m	17'40"/km
12.	150	00:01:18	00:52:22	98m	13'16"/km
13.	999	00:00:37	00:52:59	95m	6'29"/km

HELGA



Orienteering Software