



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Gunther DEFERME

hamok

Omloop : H50

Afstand : 7110m

Tijd : 0:53:24 (7'31"/km)

--/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------------|---------|
| 1. Olaf BINSCH | 0:51:28 |
| 2. Jorran VAN DER HEIJDEN | 1:04:43 |
| 3. Marc VAN VEEN | 1:08:56 |

1.	135	00:02:16		198m	11'27"/km
2.	133	00:01:53	00:04:09	224m	8'24"/km
3.	136	00:02:35	00:06:44	365m	7'05"/km
4.	114	00:03:22	00:10:06	492m	6'51"/km
5.	148	00:07:19	00:17:25	1193m	6'08"/km
6.	128	00:02:05	00:19:30	319m	6'32"/km
7.	123	00:02:01	00:21:31	248m	8'08"/km
8.	124	00:02:52	00:24:23	327m	8'46"/km
9.	127	00:02:13	00:26:36	228m	9'43"/km
10.	125	00:01:33	00:28:09	135m	11'29"/km
11.	132	00:05:00	00:33:09	727m	6'53"/km
12.	145	00:05:10	00:38:19	634m	8'09"/km
13.	147	00:01:32	00:39:51	192m	7'59"/km
14.	154	00:05:09	00:45:00	592m	8'42"/km
15.	158	00:01:39	00:46:39	199m	8'17"/km
16.	151	00:00:40	00:47:19	77m	8'39"/km
17.	153	00:01:21	00:48:40	114m	11'51"/km
18.	149	00:03:26	00:52:06	512m	6'42"/km
19.	150	00:00:44	00:52:50	98m	7'29"/km
20.	999	00:00:34	00:53:24	95m	5'58"/km

Orienteering Software