



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Julien VAN BOSCH

TROL

Omloop : H65

Afstand : 5120m

Tijd : 1:02:17 (12'10"/km)

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O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-----------------------|---------|
| 1. Adrie VAN OPSTAL | 0:45:06 |
| 2. Gerrit VAN DE RIET | 0:49:27 |
| 3. Simon NIJENHUIS | 0:54:49 |

1.	134	00:05:46		375m	15'23"/km
2.	136	00:03:39	00:09:25	365m	10'00"/km
3.	137	00:01:12	00:10:37	106m	11'19"/km
4.	155	00:11:22	00:21:59	768m	14'48"/km
5.	157	00:01:51	00:23:50	147m	12'35"/km
6.	147	00:04:03	00:27:53	357m	11'21"/km
7.	145	00:02:09	00:30:02	192m	11'12"/km
8.	132	00:08:31	00:38:33	634m	13'26"/km
9.	131	00:03:03	00:41:36	183m	16'40"/km
10.	156	00:10:52	00:52:28	843m	12'53"/km
11.	151	00:01:09	00:53:37	126m	9'08"/km
12.	153	00:01:31	00:55:08	114m	13'18"/km
13.	113	00:03:01	00:58:09	305m	9'53"/km
14.	149	00:02:07	01:00:16		
15.	159	00:00:27	01:00:43		
16.	150	00:00:57	01:01:40	76m	12'30"/km
17.	999	00:00:37	01:02:17	95m	6'29"/km

Orienteering Software