



# Nederlands kampioenschap lange afstand

## Oirschot 17.9.2023

### KOVZ

**Paul BOLSENS**

TROL

Omloop : H65

Afstand : 5120m

Tijd : 1:33:28 (18'15"/km)

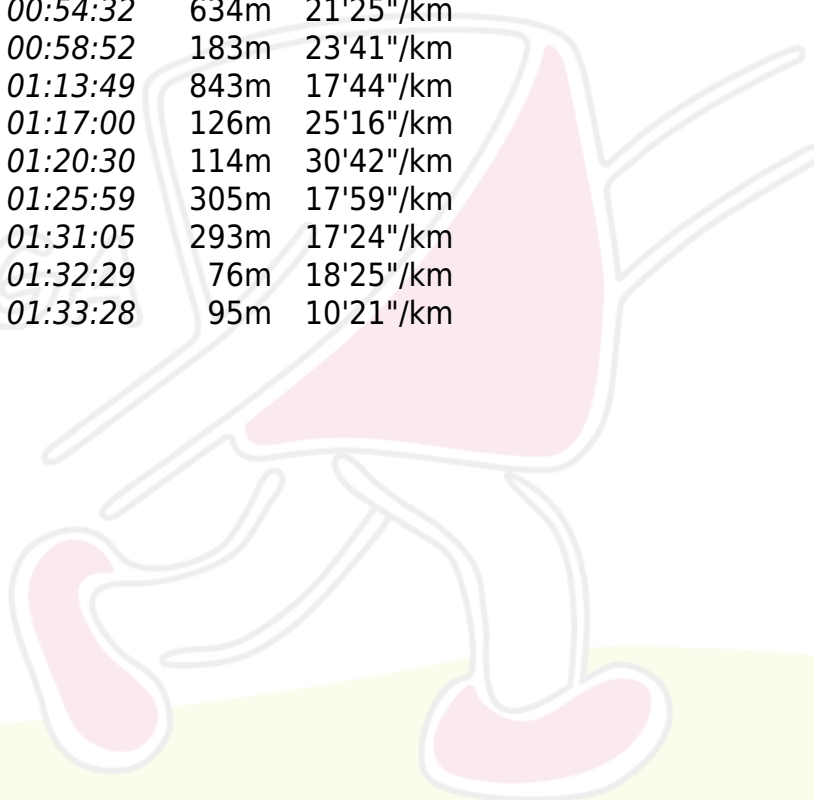
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O.K.

[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 | 00:07:47 |          | 375m | 20'45"/km |
| 2.  | 136 | 00:05:09 | 00:12:56 | 365m | 14'07"/km |
| 3.  | 137 | 00:02:30 | 00:15:26 | 106m | 23'35"/km |
| 4.  | 155 | 00:11:40 | 00:27:06 | 768m | 15'11"/km |
| 5.  | 157 | 00:04:03 | 00:31:09 | 147m | 27'33"/km |
| 6.  | 147 | 00:06:20 | 00:37:29 | 357m | 17'44"/km |
| 7.  | 145 | 00:03:28 | 00:40:57 | 192m | 18'03"/km |
| 8.  | 132 | 00:13:35 | 00:54:32 | 634m | 21'25"/km |
| 9.  | 131 | 00:04:20 | 00:58:52 | 183m | 23'41"/km |
| 10. | 156 | 00:14:57 | 01:13:49 | 843m | 17'44"/km |
| 11. | 151 | 00:03:11 | 01:17:00 | 126m | 25'16"/km |
| 12. | 153 | 00:03:30 | 01:20:30 | 114m | 30'42"/km |
| 13. | 113 | 00:05:29 | 01:25:59 | 305m | 17'59"/km |
| 14. | 159 | 00:05:06 | 01:31:05 | 293m | 17'24"/km |
| 15. | 150 | 00:01:24 | 01:32:29 | 76m  | 18'25"/km |
| 16. | 999 | 00:00:59 | 01:33:28 | 95m  | 10'21"/km |



# Orienteering Software