



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Dirk ZWIKKER

ARGUS

Omloop : H75

Afstand : 5120m

Tijd : 1:11:35 (13'59"/km)

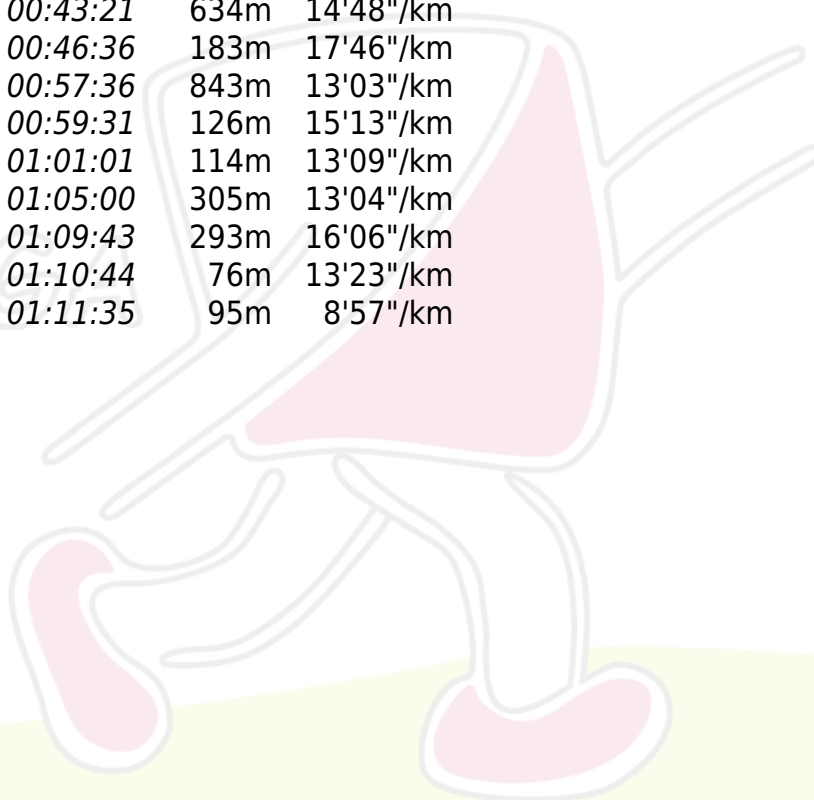
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O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Mike IN 'T GROEN | 0:55:53 |
| 3. Ruud SCHONEWILLE | 1:35:54 |

1.	134	00:07:40		375m	20'27"/km
2.	136	00:03:53	00:11:33	365m	10'38"/km
3.	137	00:01:30	00:13:03	106m	14'09"/km
4.	155	00:09:57	00:23:00	768m	12'57"/km
5.	157	00:02:35	00:25:35	147m	17'34"/km
6.	147	00:05:22	00:30:57	357m	15'02"/km
7.	145	00:03:01	00:33:58	192m	15'43"/km
8.	132	00:09:23	00:43:21	634m	14'48"/km
9.	131	00:03:15	00:46:36	183m	17'46"/km
10.	156	00:11:00	00:57:36	843m	13'03"/km
11.	151	00:01:55	00:59:31	126m	15'13"/km
12.	153	00:01:30	01:01:01	114m	13'09"/km
13.	113	00:03:59	01:05:00	305m	13'04"/km
14.	159	00:04:43	01:09:43	293m	16'06"/km
15.	150	00:01:01	01:10:44	76m	13'23"/km
16.	999	00:00:51	01:11:35	95m	8'57"/km



Orienteering Software