



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Ruud SCHONEWILLE

KOVZ

Omloop : H75

Afstand : 5120m

Tijd : 1:35:54 (18'44"/km)

3/5

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Mike IN 'T GROEN | 0:55:53 |
| 2. Dirk ZWIKKER | 1:11:35 |

1.	134	00:09:30		375m	25'20"/km
2.	136	00:05:07	00:14:37	365m	14'01"/km
3.	137	00:02:29	00:17:06	106m	23'26"/km
4.	155	00:14:30	00:31:36	768m	18'53"/km
5.	157	00:04:14	00:35:50	147m	28'48"/km
6.	147	00:07:59	00:43:49	357m	22'22"/km
7.	145	00:02:57	00:46:46	192m	15'22"/km
8.	132	00:12:12	00:58:58	634m	19'15"/km
9.	131	00:03:59	01:02:57	183m	21'46"/km
10.	156	00:15:03	01:18:00	843m	17'51"/km
11.	151	00:02:08	01:20:08	126m	16'56"/km
12.	153	00:02:14	01:22:22	114m	19'35"/km
13.	113	00:04:59	01:27:21	305m	16'20"/km
14.	159	00:06:34	01:33:55	293m	22'25"/km
15.	150	00:00:59	01:34:54	76m	12'56"/km
16.	999	00:01:00	01:35:54	95m	10'32"/km

Orienteering Software