



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Jos HOUBEN

K.O.L.

Omloop : H75

Afstand : 5120m

Tijd : 1:09:22 (13'33"/km)

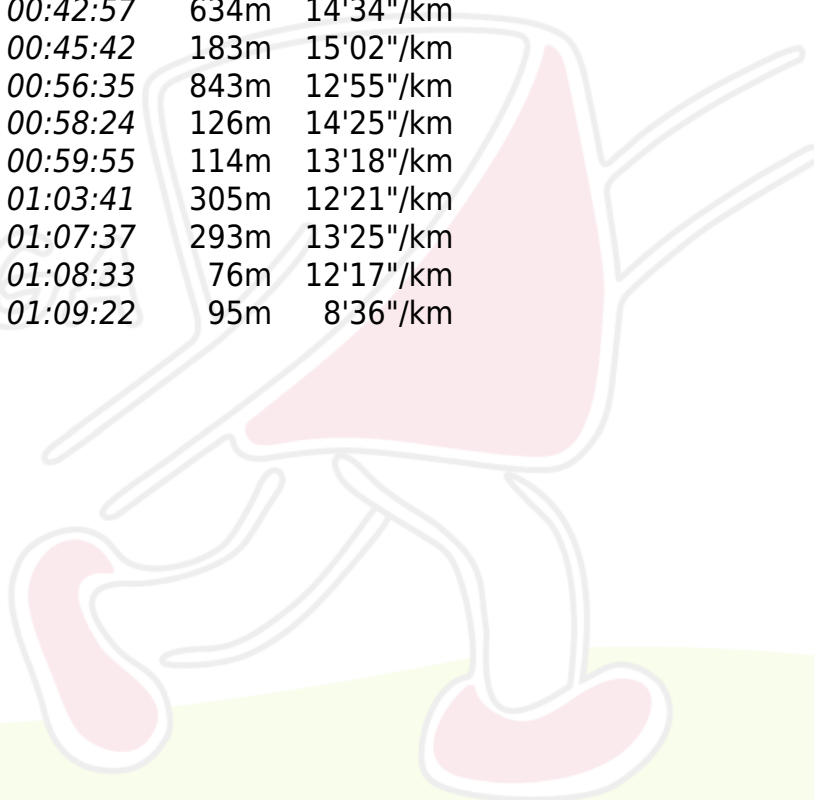
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O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Mike IN 'T GROEN | 0:55:53 |
| 2. Dirk ZWIKKER | 1:11:35 |
| 3. Ruud SCHONEWILLE | 1:35:54 |

1.	134	00:08:12		375m	21'52"/km
2.	136	00:03:53	00:12:05	365m	10'38"/km
3.	137	00:01:28	00:13:33	106m	13'50"/km
4.	155	00:09:22	00:22:55	768m	12'12"/km
5.	157	00:01:48	00:24:43	147m	12'15"/km
6.	147	00:05:10	00:29:53	357m	14'28"/km
7.	145	00:03:50	00:33:43	192m	19'58"/km
8.	132	00:09:14	00:42:57	634m	14'34"/km
9.	131	00:02:45	00:45:42	183m	15'02"/km
10.	156	00:10:53	00:56:35	843m	12'55"/km
11.	151	00:01:49	00:58:24	126m	14'25"/km
12.	153	00:01:31	00:59:55	114m	13'18"/km
13.	113	00:03:46	01:03:41	305m	12'21"/km
14.	159	00:03:56	01:07:37	293m	13'25"/km
15.	150	00:00:56	01:08:33	76m	12'17"/km
16.	999	00:00:49	01:09:22	95m	8'36"/km



Orienteering Software