



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Marieke ADDIERS

Omega

Omloop : D40

Afstand : 7110m

Tijd : 1:59:02 (16'45"/km)

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O.K.

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- | | |
|---------------------|---------|
| 1. Lieke VAN OPSTAL | 1:08:21 |
| 2. Mijke MALLEKOOTE | 1:26:00 |
| 3. Marjo POULISSEN | 1:41:00 |

1.	135	00:03:42		198m	18'41"/km
2.	133	00:02:57	00:06:39	224m	13'10"/km
3.	136	00:04:47	00:11:26	365m	13'06"/km
4.	114	00:06:06	00:17:32	492m	12'24"/km
5.	148	00:15:53	00:33:25	1193m	13'19"/km
6.	128	00:05:18	00:38:43	319m	16'37"/km
7.	123	00:07:20	00:46:03	248m	29'34"/km
8.	124	00:06:38	00:52:41	327m	20'17"/km
9.	127	00:06:39	00:59:20	228m	29'10"/km
10.	125	00:04:25	01:03:45	135m	32'43"/km
11.	132	00:17:03	01:20:48	727m	23'27"/km
12.	145	00:10:01	01:30:49	634m	15'48"/km
13.	147	00:02:37	01:33:26	192m	13'38"/km
14.	154	00:10:53	01:44:19	592m	18'23"/km
15.	158	00:04:05	01:48:24	199m	20'31"/km
16.	151	00:00:52	01:49:16	77m	11'15"/km
17.	153	00:01:30	01:50:46	114m	13'09"/km
18.	149	00:05:54	01:56:40	512m	11'31"/km
19.	150	00:01:43	01:58:23	98m	17'31"/km
20.	999	00:00:39	01:59:02	95m	6'51"/km

Orienteering Software