



## 4 days of Limburg - Day 4

Zandberg 15.8.2023

Omega

**Nils KUIPERS**

KOVZ

Omloop : M-18

Afstand : 7980m

Tijd : 2:20:32 (17'37"/km)

5/6

O.K.

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|                    |         |
|--------------------|---------|
| 1. Joel LEISTRA    | 1:33:06 |
| 2. Feike KERCKHOFS | 1:37:25 |
| 3. Florian GIDL    | 1:40:05 |

|     |     |          |          |       |            |
|-----|-----|----------|----------|-------|------------|
| 1.  | 172 | 00:34:14 |          | 526m  | 65'05"/km  |
| 2.  | 186 | 00:04:14 | 00:38:28 | 456m  | 9'17"/km   |
| 3.  | 129 | 00:04:48 | 00:43:16 | 638m  | 7'31"/km   |
| 4.  | 130 | 00:20:41 | 01:03:57 | 364m  | 56'49"/km  |
| 5.  | 187 | 00:03:03 | 01:07:00 | 424m  | 7'12"/km   |
| 6.  | 154 | 00:00:31 | 01:07:31 | 97m   | 5'20"/km   |
| 7.  | 178 | 00:11:53 | 01:19:24 | 1289m | 9'13"/km   |
| 8.  | 132 | 00:01:22 | 01:20:46 | 134m  | 10'12"/km  |
| 9.  | 147 | 00:05:28 | 01:26:14 | 512m  | 10'41"/km  |
| 10. | 139 | 00:03:18 | 01:29:32 | 373m  | 8'51"/km   |
| 11. | 137 | 00:05:34 | 01:35:06 | 497m  | 11'12"/km  |
| 12. | 169 | 00:02:37 | 01:37:43 | 321m  | 8'09"/km   |
| 13. | 176 | 00:02:31 | 01:40:14 | 280m  | 8'59"/km   |
| 14. | 135 | 00:03:22 | 01:43:36 | 334m  | 10'05"/km  |
| 15. | 165 | 00:04:50 | 01:48:26 | 417m  | 11'35"/km  |
| 16. | 175 | 00:04:53 | 01:53:19 | 363m  | 13'27"/km  |
| 17. | 138 | 00:23:04 | 02:16:23 | 218m  | 105'49"/km |
| 18. | 161 | 00:02:48 | 02:19:11 | 356m  | 7'52"/km   |
| 19. | 100 | 00:01:03 | 02:20:14 | 178m  | 5'54"/km   |
| 20. | 999 | 00:00:18 | 02:20:32 | 159m  | 1'53"/km   |

Orienteering Software