



# Nederlands kampioenschap lange afstand

## Oirschot 17.9.2023

### KOVZ

**Christa ZWIKKER**

ARGUS

Omloop : D70

Afstand : 3550m

Tijd : 1:04:10 (18'05"/km)

**2/7**

O.K.

[Volledige uitslagen op Webres](#)

1. Monica ROELING

0:52:59

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 135 | 00:04:02 |          | 198m | 20'22"/km |
| 2.  | 134 | 00:08:34 | 00:12:36 | 186m | 46'03"/km |
| 3.  | 156 | 00:07:36 | 00:20:12 | 512m | 14'51"/km |
| 4.  | 153 | 00:06:22 | 00:26:34 | 174m | 36'35"/km |
| 5.  | 157 | 00:03:39 | 00:30:13 | 215m | 16'59"/km |
| 6.  | 147 | 00:05:58 | 00:36:11 | 357m | 16'43"/km |
| 7.  | 145 | 00:02:33 | 00:38:44 | 192m | 13'17"/km |
| 8.  | 154 | 00:09:29 | 00:48:13 | 645m | 14'42"/km |
| 9.  | 151 | 00:05:22 | 00:53:35 | 256m | 20'58"/km |
| 10. | 152 | 00:03:36 | 00:57:11 | 210m | 17'09"/km |
| 11. | 149 | 00:04:37 | 01:01:48 | 268m | 17'14"/km |
| 12. | 150 | 00:01:36 | 01:03:24 | 98m  | 16'20"/km |
| 13. | 999 | 00:00:46 | 01:04:10 | 95m  | 8'04"/km  |

HELGA

Orienteering Software