



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Ralph KURT

KOVZ

Omloop : H50

Afstand : 7110m

Tijd : 1:09:09 (9'44"/km)

4/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------------|---------|
| 1. Olaf BINSCH | 0:51:28 |
| 2. Jorran VAN DER HEIJDEN | 1:04:43 |
| 3. Marc VAN VEEN | 1:08:56 |

1.	135	00:02:33		198m	12'53"/km
2.	133	00:03:12	00:05:45	224m	14'17"/km
3.	136	00:03:02	00:08:47	365m	8'19"/km
4.	114	00:04:43	00:13:30	492m	9'35"/km
5.	148	00:09:07	00:22:37	1193m	7'39"/km
6.	128	00:02:44	00:25:21	319m	8'34"/km
7.	123	00:03:39	00:29:00	248m	14'43"/km
8.	124	00:04:55	00:33:55	327m	15'02"/km
9.	127	00:02:26	00:36:21	228m	10'40"/km
10.	125	00:02:20	00:38:41	135m	17'17"/km
11.	132	00:06:15	00:44:56	727m	8'36"/km
12.	145	00:06:40	00:51:36	634m	10'31"/km
13.	147	00:02:16	00:53:52	192m	11'48"/km
14.	154	00:05:23	00:59:15	592m	9'06"/km
15.	158	00:02:06	01:01:21	199m	10'33"/km
16.	151	00:00:45	01:02:06	77m	9'44"/km
17.	153	00:01:24	01:03:30	114m	12'17"/km
18.	149	00:04:16	01:07:46	512m	8'20"/km
19.	150	00:00:51	01:08:37	98m	8'40"/km
20.	999	00:00:32	01:09:09	95m	5'37"/km

Orienteering Software