



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Fred TOSSERAMS

KOVZ

Omloop : H50

Afstand : 7110m

Tijd : 1:19:14 (11'09"/km)

6/12

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	00:02:51		198m	14'24"/km
2.	133	00:05:12	00:08:03	224m	23'13"/km
3.	136	00:03:01	00:11:04	365m	8'16"/km
4.	114	00:04:32	00:15:36	492m	9'13"/km
5.	148	00:10:10	00:25:46	1193m	8'31"/km
6.	128	00:03:15	00:29:01	319m	10'11"/km
7.	123	00:03:01	00:32:02	248m	12'10"/km
8.	124	00:05:04	00:37:06	327m	15'30"/km
9.	127	00:02:38	00:39:44	228m	11'33"/km
10.	125	00:01:58	00:41:42	135m	14'34"/km
11.	132	00:07:27	00:49:09	727m	10'15"/km
12.	145	00:07:04	00:56:13	634m	11'09"/km
13.	147	00:02:13	00:58:26	192m	11'33"/km
14.	154	00:08:44	01:07:10	592m	14'45"/km
15.	158	00:02:32	01:09:42	199m	12'44"/km
16.	151	00:00:54	01:10:36	77m	11'41"/km
17.	153	00:01:20	01:11:56	114m	11'42"/km
18.	149	00:05:18	01:17:14	512m	10'21"/km
19.	150	00:01:20	01:18:34	98m	13'36"/km
20.	999	00:00:40	01:19:14	95m	7'01"/km

Orienteering Software