



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Patrick BLEYEN

hamok

Omloop : H60

Afstand : 5120m

Tijd : 1:09:09 (13'30"/km)

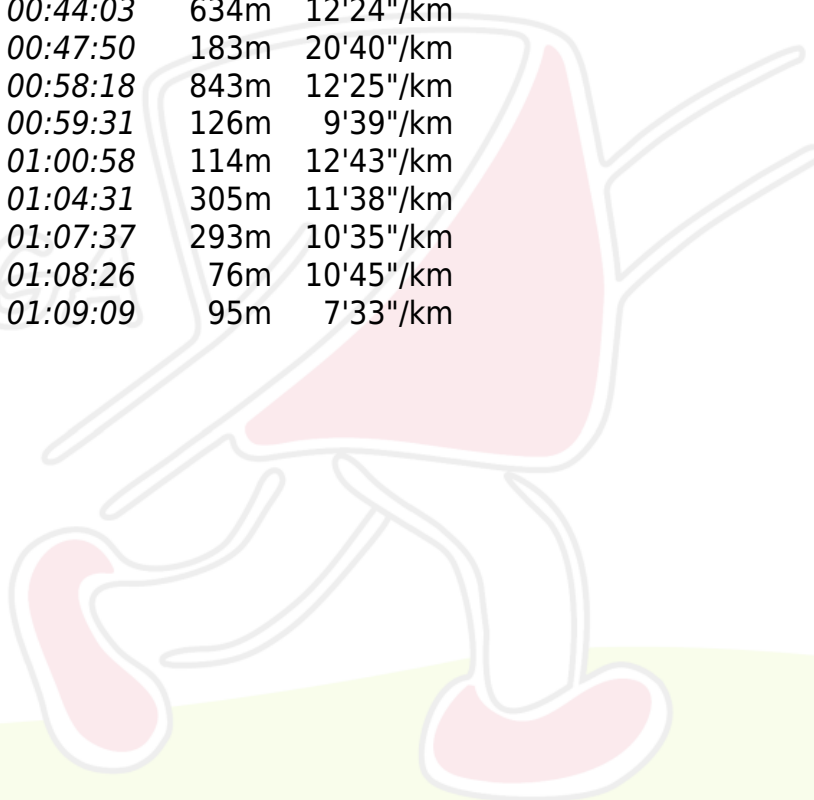
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O.K.

[Volledige uitslagen op Webres](#)

1. Hennie KENNIS	0:44:54
2. Henk SNIJDERS	0:47:07
3. Adriaan BAAS	0:49:04

1.	134	00:04:52		375m	12'59"/km
2.	136	00:06:10	00:11:02	365m	16'54"/km
3.	137	00:01:15	00:12:17	106m	11'48"/km
4.	155	00:16:13	00:28:30	768m	21'07"/km
5.	157	00:01:29	00:29:59	147m	10'05"/km
6.	147	00:04:14	00:34:13	357m	11'51"/km
7.	145	00:01:58	00:36:11	192m	10'15"/km
8.	132	00:07:52	00:44:03	634m	12'24"/km
9.	131	00:03:47	00:47:50	183m	20'40"/km
10.	156	00:10:28	00:58:18	843m	12'25"/km
11.	151	00:01:13	00:59:31	126m	9'39"/km
12.	153	00:01:27	01:00:58	114m	12'43"/km
13.	113	00:03:33	01:04:31	305m	11'38"/km
14.	159	00:03:06	01:07:37	293m	10'35"/km
15.	150	00:00:49	01:08:26	76m	10'45"/km
16.	999	00:00:43	01:09:09	95m	7'33"/km



Orienteering Software