



Nederlands kampioenschap lange afstand

Oirschot 17.9.2023

KOVZ

Gerrit VAN DE RIET

Olifant

Omloop : H65

Afstand : 5120m

Tijd : 0:49:27 (9'39"/km)

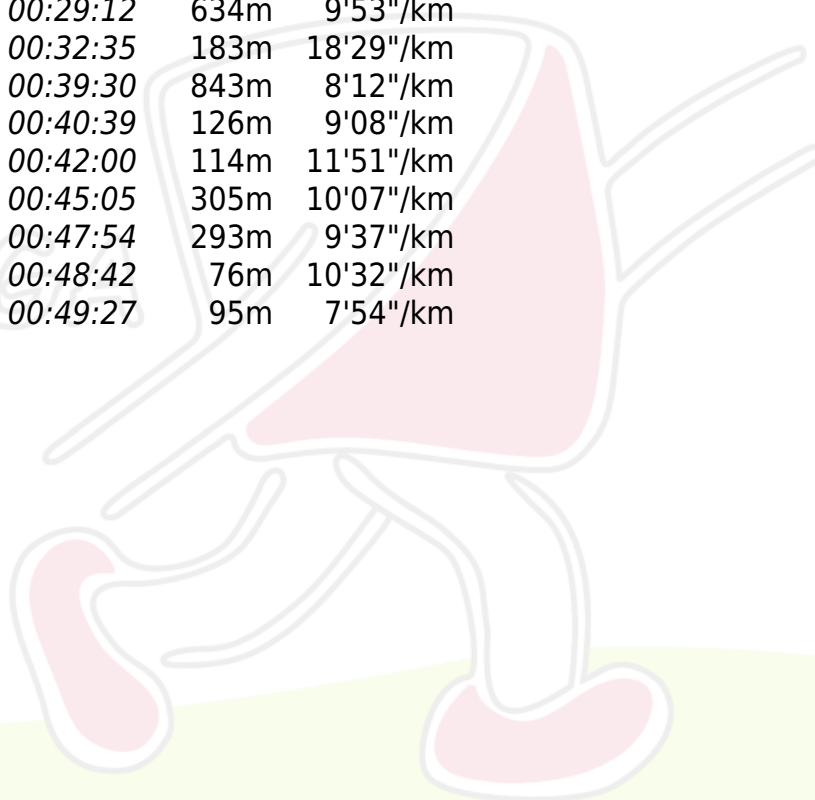
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O.K.

[Volledige uitslagen op Webres](#)

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|---------------------|---------|
| 1. Adrie VAN OPSTAL | 0:45:06 |
| 3. Simon NIJENHUIS | 0:54:49 |

1.	134	00:04:34		375m	12'11"/km
2.	136	00:02:37	00:07:11	365m	7'10"/km
3.	137	00:00:56	00:08:07	106m	8'48"/km
4.	155	00:05:38	00:13:45	768m	7'20"/km
5.	157	00:01:12	00:14:57	147m	8'10"/km
6.	147	00:05:56	00:20:53	357m	16'37"/km
7.	145	00:02:03	00:22:56	192m	10'41"/km
8.	132	00:06:16	00:29:12	634m	9'53"/km
9.	131	00:03:23	00:32:35	183m	18'29"/km
10.	156	00:06:55	00:39:30	843m	8'12"/km
11.	151	00:01:09	00:40:39	126m	9'08"/km
12.	153	00:01:21	00:42:00	114m	11'51"/km
13.	113	00:03:05	00:45:05	305m	10'07"/km
14.	159	00:02:49	00:47:54	293m	9'37"/km
15.	150	00:00:48	00:48:42	76m	10'32"/km
16.	999	00:00:45	00:49:27	95m	7'54"/km



Orienteering Software