



Ijzeren Paal

Lommel 22.1.2023

Omega

Bert BOCKX

K.O.L.

Omloop : H:01

Afstand : 8940m

Tijd : 0:59:13 (6'37"/km)

3/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Nico CEUNEN | 0:52:56 |
| 2. Simon KREKELS | 0:55:36 |

1.	134	00:02:09		404m	5'19"/km
2.	136	00:03:05	00:05:14	432m	7'08"/km
3.	137	00:01:54	00:07:08	335m	5'40"/km
4.	120	00:00:42	00:07:50	132m	5'18"/km
5.	141	00:02:05	00:09:55	369m	5'39"/km
6.	142	00:02:33	00:12:28	377m	6'46"/km
7.	126	00:01:48	00:14:16	174m	10'21"/km
8.	125	00:08:07	00:22:23	1335m	6'05"/km
9.	124	00:01:31	00:23:54	238m	6'22"/km
10.	123	00:03:17	00:27:11	401m	8'11"/km
11.	165	00:04:33	00:31:44	688m	6'37"/km
12.	122	00:03:32	00:35:16	602m	5'52"/km
13.	144	00:06:31	00:41:47	891m	7'19"/km
14.	161	00:04:08	00:45:55	590m	7'00"/km
15.	150	00:01:06	00:47:01	158m	6'58"/km
16.	121	00:01:24	00:48:25	197m	7'06"/km
17.	128	00:02:53	00:51:18	382m	7'33"/km
18.	155	00:01:50	00:53:08	241m	7'36"/km
19.	157	00:04:26	00:57:34	698m	6'21"/km
20.	170	00:01:12	00:58:46	190m	6'19"/km
21.	999	00:00:27	00:59:13	106m	4'15"/km

Orienteering Software