



**Ijzeren Paal**  
**Lommel 22.1.2023**  
**Omega**

**Eddie DESMEDT**

TROL

Omloop : H:04

Afstand : 3920m

Tijd : 0:54:41 (13'57"/km)

**11/13**

O.K.

[Volledige uitslagen op Webres](#)

|                  |         |
|------------------|---------|
| 1. Nathan JANSEN | 0:29:50 |
| 2. Wout BOECKX   | 0:34:49 |
| 3. Wim HOEKX     | 0:35:44 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 133 | 00:05:15 |          | 354m | 14'50"/km |
| 2.  | 126 | 00:04:58 | 00:10:13 | 291m | 17'04"/km |
| 3.  | 148 | 00:07:24 | 00:17:37 | 592m | 12'30"/km |
| 4.  | 128 | 00:04:13 | 00:21:50 | 302m | 13'58"/km |
| 5.  | 149 | 00:04:16 | 00:26:06 | 274m | 15'34"/km |
| 6.  | 150 | 00:04:39 | 00:30:45 | 353m | 13'10"/km |
| 7.  | 151 | 00:04:51 | 00:35:36 | 347m | 13'59"/km |
| 8.  | 152 | 00:03:23 | 00:38:59 | 228m | 14'50"/km |
| 9.  | 131 | 00:03:09 | 00:42:08 | 224m | 14'04"/km |
| 10. | 130 | 00:03:59 | 00:46:07 | 300m | 13'17"/km |
| 11. | 153 | 00:02:29 | 00:48:36 | 201m | 12'21"/km |
| 12. | 170 | 00:05:12 | 00:53:48 | 343m | 15'10"/km |
| 13. | 999 | 00:00:53 | 00:54:41 | 106m | 8'20"/km  |

HELGA

Orienteering Software