



Ijzeren Paal

Lommel 22.1.2023

Omega

Rune SELS

hamok

Omloop : H:05

Afstand : 3630m

Tijd : 0:48:43 (13'25"/km)

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O.K.

[Volledige uitslagen op Webres](#)

1.	Rudy CANTRE	0:35:42
2.	Luc HEUNINCKX	0:39:38
3.	André PEETERS	0:48:24

1.	142	00:02:33		296m	8'37"/km
2.	160	00:16:29	00:19:02	975m	16'54"/km
3.	149	00:01:34	00:20:36	162m	9'40"/km
4.	128	00:06:06	00:26:42	274m	22'16"/km
5.	145	00:04:30	00:31:12	410m	10'59"/km
6.	150	00:03:42	00:34:54	272m	13'36"/km
7.	161	00:01:42	00:36:36	158m	10'46"/km
8.	131	00:01:28	00:38:04	142m	10'20"/km
9.	153	00:06:52	00:44:56	493m	13'56"/km
10.	170	00:03:23	00:48:19	343m	9'52"/km
11.	999	00:00:24	00:48:43	106m	3'46"/km

HELGA

Orienteering Software