



Ijzeren Paal

Lommel 22.1.2023

Omega

Thor WOLLES

hamok

Omloop : H:09

Afstand : 5440m

Tijd : 1:04:17 (11'49"/km)

3/16

O.K.

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- | | |
|---------------------|---------|
| 1. Gunther DEFERME | 0:57:01 |
| 2. Jean-Marc GILLET | 1:02:28 |

1.	134	00:04:30		404m	11'08"/km
2.	136	00:03:20	00:07:50	432m	7'43"/km
3.	137	00:01:52	00:09:42	335m	5'34"/km
4.	120	00:01:11	00:10:53	132m	8'58"/km
5.	133	00:04:05	00:14:58	520m	7'51"/km
6.	126	00:04:07	00:19:05	291m	14'09"/km
7.	155	00:08:22	00:27:27	494m	16'56"/km
8.	131	00:03:37	00:31:04	423m	8'33"/km
9.	146	00:02:00	00:33:04	206m	9'43"/km
10.	145	00:01:04	00:34:08	139m	7'40"/km
11.	128	00:11:44	00:45:52	410m	28'37"/km
12.	160	00:02:29	00:48:21	314m	7'55"/km
13.	161	00:03:37	00:51:58	361m	10'01"/km
14.	162	00:03:20	00:55:18	484m	6'53"/km
15.	163	00:06:27	01:01:45	212m	30'25"/km
16.	170	00:02:02	01:03:47	175m	11'37"/km
17.	999	00:00:30	01:04:17	106m	4'43"/km

Orienteering Software