# Den Ijzeren Paal
# Kerkhoven 20.1.2013
# Omega

**Marie-Christine METTEN**
K.O.L.
Course : D:05
Distance : 4400m
Time : 1:05:10 (14'48"/km)

**8/11** O.K.

Full result on Webres

| | | |
|---|---|---|
| 1. | Greta MOLS | 0:40:20 |
| 2. | Hannah THIELS | 0:43:06 |
| 3. | Lisa ELSEN | 0:51:36 |

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