



Ijzeren Paal

Lommel 22.1.2023

Omega

Ems DE SMUL

Omega

Omloop : D:02

Afstand : 7050m

Tijd : 0:58:58 (8'22"/km)

2/7

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Anna SERRALLONGA | 0:52:14 |
| 3. Silke VAN ROOY | 1:00:18 |

1.	133	00:02:26		354m	6'52"/km
2.	134	00:02:39	00:05:05	275m	9'38"/km
3.	135	00:01:30	00:06:35	158m	9'30"/km
4.	136	00:02:19	00:08:54	346m	6'42"/km
5.	137	00:02:00	00:10:54	335m	5'58"/km
6.	120	00:00:48	00:11:42	132m	6'04"/km
7.	138	00:05:01	00:16:43	668m	7'31"/km
8.	127	00:02:47	00:19:30	326m	8'32"/km
9.	126	00:03:11	00:22:41	184m	17'18"/km
10.	125	00:10:12	00:32:53	1335m	7'38"/km
11.	124	00:01:52	00:34:45	238m	7'51"/km
12.	128	00:07:19	00:42:04	716m	10'13"/km
13.	129	00:04:19	00:46:23	476m	9'04"/km
14.	130	00:00:45	00:47:08	101m	7'26"/km
15.	131	00:02:32	00:49:40	300m	8'27"/km
16.	132	00:04:31	00:54:11	386m	11'42"/km
17.	170	00:04:16	00:58:27	610m	7'00"/km
18.	999	00:00:31	00:58:58	106m	4'52"/km

Orienteering Software