



Ijzeren Paal

Lommel 22.1.2023

Omega

Kiara NIJST

Hermathenae

Omloop : D:03

Afstand : 5540m

Tijd : 1:09:46 (12'36"/km)

4/9

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|----------------------|---------|
| 1. Marieke ADDIERS | 0:56:52 |
| 2. Marijs VANDEWEYER | 1:01:06 |
| 3. Hilde KROLS | 1:05:17 |

1.	139	00:04:39		359m	12'57"/km
2.	140	00:03:42	00:08:21	310m	11'56"/km
3.	137	00:03:37	00:11:58	403m	8'58"/km
4.	120	00:00:55	00:12:53	132m	6'57"/km
5.	141	00:03:38	00:16:31	369m	9'51"/km
6.	142	00:04:57	00:21:28	377m	13'08"/km
7.	126	00:02:22	00:23:50	174m	13'36"/km
8.	143	00:10:02	00:33:52	1011m	9'55"/km
9.	123	00:04:35	00:38:27	342m	13'24"/km
10.	128	00:07:22	00:45:49	315m	23'23"/km
11.	145	00:07:49	00:53:38	410m	19'04"/km
12.	146	00:01:43	00:55:21	139m	12'21"/km
13.	131	00:02:42	00:58:03	206m	13'06"/km
14.	147	00:03:48	01:01:51	297m	12'48"/km
15.	170	00:06:41	01:08:32	594m	11'15"/km
16.	999	00:01:14	01:09:46	106m	11'38"/km

Orienteering Software