



Ijzeren Paal

Lommel 22.1.2023

Omega

Liesbet ROMMENS

hamok

Omloop : D:03

Afstand : 5540m

Tijd : 1:11:15 (12'52"/km)

7/9

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	00:07:12		359m	20'03"/km
2.	140	00:04:38	00:11:50	310m	14'57"/km
3.	137	00:03:12	00:15:02	403m	7'56"/km
4.	120	00:00:58	00:16:00	132m	7'19"/km
5.	141	00:03:00	00:19:00	369m	8'08"/km
6.	142	00:05:38	00:24:38	377m	14'57"/km
7.	126	00:02:39	00:27:17	174m	15'14"/km
8.	143	00:12:12	00:39:29	1011m	12'04"/km
9.	123	00:06:07	00:45:36	342m	17'53"/km
10.	128	00:07:24	00:53:00	315m	23'30"/km
11.	145	00:06:08	00:59:08	410m	14'58"/km
12.	146	00:01:51	01:00:59	139m	13'19"/km
13.	131	00:02:02	01:03:01	206m	9'52"/km
14.	147	00:02:28	01:05:29	297m	8'18"/km
15.	170	00:05:13	01:10:42	594m	8'47"/km
16.	999	00:00:33	01:11:15	106m	5'11"/km

Orienteering Software