



Ijzeren Paal

Lommel 22.1.2023

Omega

Els PUT

Omega

Omloop : D:04

Afstand : 3920m

Tijd : 0:45:01 (11'29"/km)

1/15

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 2. Kristel PALMANS | 0:46:10 |
| 3. Ideke VAN HOOF | 0:49:36 |

1.	133	00:04:40		354m	13'11"/km
2.	126	00:03:46	00:08:26	291m	12'57"/km
3.	148	00:06:38	00:15:04	592m	11'12"/km
4.	128	00:03:11	00:18:15	302m	10'32"/km
5.	149	00:03:00	00:21:15	274m	10'57"/km
6.	150	00:03:34	00:24:49	353m	10'06"/km
7.	151	00:03:56	00:28:45	347m	11'20"/km
8.	152	00:04:04	00:32:49	228m	17'50"/km
9.	131	00:02:31	00:35:20	224m	11'14"/km
10.	130	00:03:11	00:38:31	300m	10'37"/km
11.	153	00:01:53	00:40:24	201m	9'22"/km
12.	170	00:04:00	00:44:24	343m	11'40"/km
13.	999	00:00:37	00:45:01	106m	5'49"/km

HELGA

Orienteering Software