



Ijzeren Paal
Lommel 22.1.2023
Omega

Angelique DE GRANDE

Omega

Omloop : D:04

Afstand : 3920m

Tijd : 0:52:29 (13'23"/km)

4/15

O.K.

[Volledige uitslagen op Webres](#)

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|--------------------|---------|
| 1. Els PUT | 0:45:01 |
| 2. Kristel PALMANS | 0:46:10 |
| 3. Ideke VAN HOOF | 0:49:36 |

1.	133	00:03:43		354m	10'30"/km
2.	126	00:04:17	00:08:00	291m	14'43"/km
3.	148	00:06:12	00:14:12	592m	10'28"/km
4.	128	00:03:46	00:17:58	302m	12'28"/km
5.	149	00:04:04	00:22:02	274m	14'51"/km
6.	150	00:07:10	00:29:12	353m	20'18"/km
7.	151	00:03:51	00:33:03	347m	11'06"/km
8.	152	00:03:25	00:36:28	228m	14'59"/km
9.	131	00:02:48	00:39:16	224m	12'30"/km
10.	130	00:03:37	00:42:53	300m	12'03"/km
11.	153	00:02:27	00:45:20	201m	12'11"/km
12.	170	00:06:31	00:51:51	343m	19'00"/km
13.	999	00:00:38	00:52:29	106m	5'58"/km

HELGA

Orienteering Software