



Ijzeren Paal
Lommel 22.1.2023
Omega

Domi KORSTJENS

K.O.L.

Omloop : D:04

Afstand : 3920m

Tijd : 1:00:18 (15'23"/km)

8/15

O.K.

[Volledige uitslagen op Webres](#)

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

1.	133	00:04:00		354m	11'18"/km
2.	126	00:04:20	00:08:20	291m	14'53"/km
3.	148	00:08:58	00:17:18	592m	15'09"/km
4.	128	00:08:50	00:26:08	302m	29'15"/km
5.	149	00:04:37	00:30:45	274m	16'51"/km
6.	150	00:05:43	00:36:28	353m	16'12"/km
7.	151	00:05:21	00:41:49	347m	15'25"/km
8.	152	00:03:36	00:45:25	228m	15'47"/km
9.	131	00:03:15	00:48:40	224m	14'31"/km
10.	130	00:03:43	00:52:23	300m	12'23"/km
11.	153	00:02:37	00:55:00	201m	13'01"/km
12.	170	00:04:48	00:59:48	343m	14'00"/km
13.	999	00:00:30	01:00:18	106m	4'43"/km

HELGA

Orienteering Software