



Ijzeren Paal
Lommel 22.1.2023
Omega

Lily-Anne COLE

TROL

Omloop : D:04

Afstand : 3920m

Tijd : 1:15:03 (19'09"/km)

12/15

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	00:06:07		354m	17'17"/km
2.	126	00:06:03	00:12:10	291m	20'47"/km
3.	148	00:09:18	00:21:28	592m	15'43"/km
4.	128	00:06:03	00:27:31	302m	20'02"/km
5.	149	00:06:11	00:33:42	274m	22'34"/km
6.	150	00:06:09	00:39:51	353m	17'25"/km
7.	151	00:06:41	00:46:32	347m	19'16"/km
8.	152	00:04:13	00:50:45	228m	18'30"/km
9.	131	00:04:32	00:55:17	224m	20'14"/km
10.	130	00:07:17	01:02:34	300m	24'17"/km
11.	153	00:03:26	01:06:00	201m	17'05"/km
12.	170	00:07:53	01:13:53	343m	22'59"/km
13.	999	00:01:10	01:15:03	106m	11'00"/km

HELGA

Orienteering Software