



Ijzeren Paal

Lommel 22.1.2023

Omega

Nico CEUNEN

hamok

Omloop : H:01

Afstand : 8940m

Tijd : 0:52:56 (5'55"/km)

1/12

O.K.

[Volledige uitslagen op Webres](#)

2. Simon KREKELS 0:55:36
3. Bert BOCKX 0:59:13

1.	134	00:02:10		404m	5'22"/km
2.	136	00:02:26	00:04:36	432m	5'38"/km
3.	137	00:01:28	00:06:04	335m	4'23"/km
4.	120	00:00:35	00:06:39	132m	4'25"/km
5.	141	00:01:50	00:08:29	369m	4'58"/km
6.	142	00:02:05	00:10:34	377m	5'32"/km
7.	126	00:01:46	00:12:20	174m	10'09"/km
8.	125	00:07:49	00:20:09	1335m	5'51"/km
9.	124	00:01:23	00:21:32	238m	5'49"/km
10.	123	00:03:29	00:25:01	401m	8'41"/km
11.	165	00:03:48	00:28:49	688m	5'31"/km
12.	122	00:03:08	00:31:57	602m	5'12"/km
13.	144	00:05:47	00:37:44	891m	6'29"/km
14.	161	00:03:14	00:40:58	590m	5'29"/km
15.	150	00:00:51	00:41:49	158m	5'23"/km
16.	121	00:01:06	00:42:55	197m	5'35"/km
17.	128	00:02:56	00:45:51	382m	7'41"/km
18.	155	00:01:57	00:47:48	241m	8'05"/km
19.	157	00:03:47	00:51:35	698m	5'25"/km
20.	170	00:00:59	00:52:34	190m	5'11"/km
21.	999	00:00:22	00:52:56	106m	3'28"/km

Orienteering Software