



Ijzeren Paal

Lommel 22.1.2023

Omega

Tom GEYPEN

Omega

Omloop : H:01

Afstand : 8940m

Tijd : 1:07:42 (7'34"/km)

5/12

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Nico CEUNEN | 0:52:56 |
| 2. Simon KREKELS | 0:55:36 |
| 3. Bert BOCKX | 0:59:13 |

1.	134	00:03:54		404m	9'39"/km
2.	136	00:02:58	00:06:52	432m	6'52"/km
3.	137	00:01:58	00:08:50	335m	5'52"/km
4.	120	00:00:49	00:09:39	132m	6'11"/km
5.	141	00:02:08	00:11:47	369m	5'47"/km
6.	142	00:02:53	00:14:40	377m	7'39"/km
7.	126	00:03:24	00:18:04	174m	19'32"/km
8.	125	00:08:51	00:26:55	1335m	6'38"/km
9.	124	00:01:38	00:28:33	238m	6'52"/km
10.	123	00:03:39	00:32:12	401m	9'06"/km
11.	165	00:04:25	00:36:37	688m	6'25"/km
12.	122	00:03:41	00:40:18	602m	6'07"/km
13.	144	00:06:03	00:46:21	891m	6'47"/km
14.	161	00:04:08	00:50:29	590m	7'00"/km
15.	150	00:01:17	00:51:46	158m	8'07"/km
16.	121	00:01:21	00:53:07	197m	6'51"/km
17.	128	00:05:46	00:58:53	382m	15'06"/km
18.	155	00:02:30	01:01:23	241m	10'22"/km
19.	157	00:04:35	01:05:58	698m	6'34"/km
20.	170	00:01:15	01:07:13	190m	6'35"/km
21.	999	00:00:29	01:07:42	106m	4'34"/km

Orienteering Software