



Ijzeren Paal

Lommel 22.1.2023

Omega

Winand BERNAERS

K.O.L.

Omloop : H:01

Afstand : 8940m

Tijd : 1:09:05 (7'44"/km)

8/12

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	00:02:27		404m	6'04"/km
2.	136	00:03:20	00:05:47	432m	7'43"/km
3.	137	00:02:07	00:07:54	335m	6'19"/km
4.	120	00:00:53	00:08:47	132m	6'42"/km
5.	141	00:02:32	00:11:19	369m	6'52"/km
6.	142	00:03:22	00:14:41	377m	8'56"/km
7.	126	00:02:11	00:16:52	174m	12'33"/km
8.	125	00:09:57	00:26:49	1335m	7'27"/km
9.	124	00:01:57	00:28:46	238m	8'12"/km
10.	123	00:04:03	00:32:49	401m	10'06"/km
11.	165	00:05:28	00:38:17	688m	7'57"/km
12.	122	00:04:15	00:42:32	602m	7'04"/km
13.	144	00:07:33	00:50:05	891m	8'28"/km
14.	161	00:04:21	00:54:26	590m	7'22"/km
15.	150	00:01:14	00:55:40	158m	7'48"/km
16.	121	00:01:27	00:57:07	197m	7'22"/km
17.	128	00:03:16	01:00:23	382m	8'33"/km
18.	155	00:02:11	01:02:34	241m	9'04"/km
19.	157	00:04:55	01:07:29	698m	7'03"/km
20.	170	00:01:10	01:08:39	190m	6'08"/km
21.	999	00:00:26	01:09:05	106m	4'05"/km

Orienteering Software