



Ijzeren Paal

Lommel 22.1.2023

Omega

Joris KINT

Antwerp Orienteers

Omloop : H:01

Afstand : 8940m

Tijd : 1:34:34 (10'35"/km)

10/12

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	00:03:43		404m	9'12"/km
2.	136	00:03:41	00:07:24	432m	8'32"/km
3.	137	00:02:46	00:10:10	335m	8'16"/km
4.	120	00:01:00	00:11:10	132m	7'35"/km
5.	141	00:02:48	00:13:58	369m	7'35"/km
6.	142	00:04:12	00:18:10	377m	11'08"/km
7.	126	00:05:47	00:23:57	174m	33'14"/km
8.	125	00:12:42	00:36:39	1335m	9'31"/km
9.	124	00:02:32	00:39:11	238m	10'39"/km
10.	123	00:06:17	00:45:28	401m	15'40"/km
11.	165	00:07:40	00:53:08	688m	11'09"/km
12.	122	00:05:46	00:58:54	602m	9'35"/km
13.	144	00:09:27	01:08:21	891m	10'36"/km
14.	161	00:05:53	01:14:14	590m	9'58"/km
15.	150	00:01:39	01:15:53	158m	10'27"/km
16.	121	00:01:58	01:17:51	197m	9'59"/km
17.	128	00:05:05	01:22:56	382m	13'18"/km
18.	155	00:03:22	01:26:18	241m	13'58"/km
19.	157	00:05:52	01:32:10	698m	8'24"/km
20.	170	00:01:50	01:34:00	190m	9'39"/km
21.	999	00:00:34	01:34:34	106m	5'21"/km

Orienteering Software