



Ijzeren Paal

Lommel 22.1.2023

Omega

Jorran VAN DER HEIJDEN

TROL

Omloop : H:02

Afstand : 7050m

Tijd : 0:59:02 (8'22"/km)

5/19

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|-------------------|---------|
| 1. Bart MELLEBEEK | 0:52:17 |
| 2. Kim JANSEN | 0:55:38 |
| 3. Wouter TALLOEN | 0:57:14 |

1.	133	00:03:12		354m	9'02"/km
2.	134	00:02:48	00:06:00	275m	10'11"/km
3.	135	00:01:57	00:07:57	158m	12'21"/km
4.	136	00:02:41	00:10:38	346m	7'45"/km
5.	137	00:02:18	00:12:56	335m	6'52"/km
6.	120	00:00:50	00:13:46	132m	6'19"/km
7.	138	00:05:03	00:18:49	668m	7'34"/km
8.	127	00:03:02	00:21:51	326m	9'18"/km
9.	126	00:02:29	00:24:20	184m	13'30"/km
10.	125	00:09:47	00:34:07	1335m	7'20"/km
11.	124	00:02:01	00:36:08	238m	8'28"/km
12.	128	00:06:17	00:42:25	716m	8'47"/km
13.	129	00:04:16	00:46:41	476m	8'58"/km
14.	130	00:00:41	00:47:22	101m	6'46"/km
15.	131	00:02:36	00:49:58	300m	8'40"/km
16.	132	00:04:08	00:54:06	386m	10'42"/km
17.	170	00:04:27	00:58:33	610m	7'18"/km
18.	999	00:00:29	00:59:02	106m	4'34"/km

Orienteering Software