



Ijzeren Paal

Lommel 22.1.2023

Omega

Jan FRYDENLUND

hamok

Omloop : H:02

Afstand : 7050m

Tijd : 1:13:52 (10'29"/km)

14/19

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	00:03:56		354m	11'07"/km
2.	134	00:03:20	00:07:16	275m	12'07"/km
3.	135	00:02:04	00:09:20	158m	13'05"/km
4.	136	00:03:34	00:12:54	346m	10'18"/km
5.	137	00:02:24	00:15:18	335m	7'10"/km
6.	120	00:00:57	00:16:15	132m	7'12"/km
7.	138	00:05:21	00:21:36	668m	8'01"/km
8.	127	00:03:24	00:25:00	326m	10'26"/km
9.	126	00:02:52	00:27:52	184m	15'35"/km
10.	125	00:13:29	00:41:21	1335m	10'06"/km
11.	124	00:01:59	00:43:20	238m	8'20"/km
12.	128	00:05:59	00:49:19	716m	8'21"/km
13.	129	00:04:37	00:53:56	476m	9'42"/km
14.	130	00:00:42	00:54:38	101m	6'56"/km
15.	131	00:02:56	00:57:34	300m	9'47"/km
16.	132	00:11:18	01:08:52	386m	29'16"/km
17.	170	00:04:29	01:13:21	610m	7'21"/km
18.	999	00:00:31	01:13:52	106m	4'52"/km

Orienteering Software