Ijzeren Paal
Lommel 22.1.2023
Omega

Albert Jan KUIPER
KOVZ
Omloop : H:02
Afstand : 7050m
Tijd : 1:23:36 (11'51"/km)

17/19 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	00:03:45		354m	10'36"/km
2.	134	00:04:26	*00:08:11*	275m	16'07"/km
3.	135	00:02:52	*00:11:03*	158m	18'09"/km
4.	136	00:03:23	*00:14:26*	346m	9'47"/km
5.	137	00:02:51	*00:17:17*	335m	8'30"/km
6.	120	00:01:09	*00:18:26*	132m	8'43"/km
7.	138	00:09:58	*00:28:24*	668m	14'55"/km
8.	127	00:03:44	*00:32:08*	326m	11'27"/km
9.	126	00:04:05	*00:36:13*	184m	22'12"/km
10.	125	00:13:17	*00:49:30*	1335m	9'57"/km
11.	124	00:03:16	*00:52:46*	238m	13'44"/km
12.	128	00:08:33	*01:01:19*	716m	11'56"/km
13.	129	00:05:39	*01:06:58*	476m	11'52"/km
14.	130	00:00:50	*01:07:48*	101m	8'15"/km
15.	131	00:03:19	*01:11:07*	300m	11'03"/km
16.	132	00:05:48	*01:16:55*	386m	15'02"/km
17.	170	00:05:58	*01:22:53*	610m	9'47"/km
18.	999	00:00:43	*01:23:36*	106m	6'46"/km

Orienteering Software

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