



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