



Ijzeren Paal

Lommel 22.1.2023

Omega

Thomas JANSEN

Omega

Omloop : H:03

Afstand : 5540m

Tijd : 0:50:02 (9'02"/km)

4/26

O.K.

[Volledige uitslagen op Webres](#)

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|------------------|---------|
| 1. Guy TIREZ | 0:44:22 |
| 2. Bob DE CLEENE | 0:44:57 |
| 3. Guido TIMMERS | 0:46:22 |

1.	139	00:02:47		359m	7'45"/km
2.	140	00:02:34	00:05:21	310m	8'17"/km
3.	137	00:02:19	00:07:40	403m	5'45"/km
4.	120	00:00:52	00:08:32	132m	6'34"/km
5.	141	00:02:53	00:11:25	369m	7'49"/km
6.	142	00:03:55	00:15:20	377m	10'23"/km
7.	126	00:01:59	00:17:19	174m	11'24"/km
8.	143	00:10:11	00:27:30	1011m	10'04"/km
9.	123	00:04:35	00:32:05	342m	13'24"/km
10.	128	00:03:29	00:35:34	315m	11'03"/km
11.	145	00:04:22	00:39:56	410m	10'39"/km
12.	146	00:01:05	00:41:01	139m	7'48"/km
13.	131	00:01:30	00:42:31	206m	7'17"/km
14.	147	00:02:16	00:44:47	297m	7'38"/km
15.	170	00:04:50	00:49:37	594m	8'08"/km
16.	999	00:00:25	00:50:02	106m	3'56"/km

Orienteering Software