



Ijzeren Paal

Lommel 22.1.2023

Omega

Dolf LEPPENS

K.O.L.

Omloop : H:03

Afstand : 5540m

Tijd : 0:55:01 (9'56"/km)

11/26

O.K.

[Volledige uitslagen op Webres](#)

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

1.	139	00:05:40		359m	15'47"/km
2.	140	00:02:44	00:08:24	310m	8'49"/km
3.	137	00:03:06	00:11:30	403m	7'42"/km
4.	120	00:00:53	00:12:23	132m	6'42"/km
5.	141	00:02:51	00:15:14	369m	7'43"/km
6.	142	00:03:14	00:18:28	377m	8'35"/km
7.	126	00:03:19	00:21:47	174m	19'04"/km
8.	143	00:10:14	00:32:01	1011m	10'07"/km
9.	123	00:04:27	00:36:28	342m	13'01"/km
10.	128	00:03:04	00:39:32	315m	9'44"/km
11.	145	00:03:49	00:43:21	410m	9'19"/km
12.	146	00:01:16	00:44:37	139m	9'07"/km
13.	131	00:01:50	00:46:27	206m	8'54"/km
14.	147	00:02:45	00:49:12	297m	9'16"/km
15.	170	00:05:14	00:54:26	594m	8'49"/km
16.	999	00:00:35	00:55:01	106m	5'30"/km

Orienteering Software