



Ijzeren Paal

Lommel 22.1.2023

Omega

Kris WYNEN

K.O.L.

Omloop : H:03

Afstand : 5540m

Tijd : 0:58:28 (10'33"/km)

14/26

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	00:04:54		359m	13'39"/km
2.	140	00:04:33	00:09:27	310m	14'41"/km
3.	137	00:03:13	00:12:40	403m	7'59"/km
4.	120	00:01:04	00:13:44	132m	8'05"/km
5.	141	00:02:41	00:16:25	369m	7'16"/km
6.	142	00:03:36	00:20:01	377m	9'33"/km
7.	126	00:02:57	00:22:58	174m	16'57"/km
8.	143	00:09:04	00:32:02	1011m	8'58"/km
9.	123	00:03:58	00:36:00	342m	11'36"/km
10.	128	00:06:23	00:42:23	315m	20'16"/km
11.	145	00:04:00	00:46:23	410m	9'45"/km
12.	146	00:01:20	00:47:43	139m	9'36"/km
13.	131	00:01:57	00:49:40	206m	9'28"/km
14.	147	00:02:43	00:52:23	297m	9'09"/km
15.	170	00:05:28	00:57:51	594m	9'12"/km
16.	999	00:00:37	00:58:28	106m	5'49"/km

Orienteering Software