



Ijzeren Paal
Lommel 22.1.2023
Omega

Stan MAES

K.O.L.

Course : H:03

Distance : 5540m

Time : 1:00:13 (10'52"/km)

15/26

O.K.

[Full result on 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	00:04:12		359m	11'42"/km
2.	140	00:04:34	00:08:46	310m	14'44"/km
3.	137	00:02:57	00:11:43	403m	7'19"/km
4.	120	00:01:07	00:12:50	132m	8'28"/km
5.	141	00:02:56	00:15:46	369m	7'57"/km
6.	142	00:03:39	00:19:25	377m	9'41"/km
7.	126	00:04:07	00:23:32	174m	23'40"/km
8.	143	00:09:38	00:33:10	1011m	9'32"/km
9.	123	00:05:38	00:38:48	342m	16'28"/km
10.	128	00:03:48	00:42:36	315m	12'04"/km
11.	145	00:03:56	00:46:32	410m	9'36"/km
12.	146	00:01:12	00:47:44	139m	8'38"/km
13.	131	00:02:32	00:50:16	206m	12'18"/km
14.	147	00:03:05	00:53:21	297m	10'23"/km
15.	170	00:06:30	00:59:51	594m	10'57"/km
16.	999	00:00:22	01:00:13	106m	3'28"/km

Orienteering Software