



Ijzeren Paal

Lommel 22.1.2023

Omega

Herman PRUMMEL

K.O.L.

Omloop : H:03

Afstand : 5540m

Tijd : 1:06:42 (12'02"/km)

17/26

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	00:06:50		359m	19'02"/km
2.	140	00:03:13	00:10:03	310m	10'23"/km
3.	137	00:03:32	00:13:35	403m	8'46"/km
4.	120	00:00:59	00:14:34	132m	7'27"/km
5.	141	00:03:41	00:18:15	369m	9'59"/km
6.	142	00:04:06	00:22:21	377m	10'53"/km
7.	126	00:02:58	00:25:19	174m	17'03"/km
8.	143	00:10:38	00:35:57	1011m	10'31"/km
9.	123	00:05:08	00:41:05	342m	15'01"/km
10.	128	00:03:39	00:44:44	315m	11'35"/km
11.	145	00:05:20	00:50:04	410m	13'00"/km
12.	146	00:01:31	00:51:35	139m	10'55"/km
13.	131	00:02:29	00:54:04	206m	12'03"/km
14.	147	00:05:50	00:59:54	297m	19'38"/km
15.	170	00:06:13	01:06:07	594m	10'28"/km
16.	999	00:00:35	01:06:42	106m	5'30"/km

Orienteering Software