



# Ijzeren Paal

## Lommel 22.1.2023

### Omega

**Patrick BLEYEN**

hamok

Omloop : H:03

Afstand : 5540m

Tijd : 1:08:10 (12'18"/km)

**19/26**

O.K.

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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 | 00:04:04 |          | 359m  | 11'20"/km |
| 2.  | 140 | 00:04:05 | 00:08:09 | 310m  | 13'10"/km |
| 3.  | 137 | 00:03:50 | 00:11:59 | 403m  | 9'31"/km  |
| 4.  | 120 | 00:01:00 | 00:12:59 | 132m  | 7'35"/km  |
| 5.  | 141 | 00:03:39 | 00:16:38 | 369m  | 9'53"/km  |
| 6.  | 142 | 00:04:41 | 00:21:19 | 377m  | 12'25"/km |
| 7.  | 126 | 00:05:48 | 00:27:07 | 174m  | 33'20"/km |
| 8.  | 143 | 00:11:52 | 00:38:59 | 1011m | 11'44"/km |
| 9.  | 123 | 00:05:17 | 00:44:16 | 342m  | 15'27"/km |
| 10. | 128 | 00:04:11 | 00:48:27 | 315m  | 13'17"/km |
| 11. | 145 | 00:05:17 | 00:53:44 | 410m  | 12'53"/km |
| 12. | 146 | 00:01:32 | 00:55:16 | 139m  | 11'02"/km |
| 13. | 131 | 00:02:31 | 00:57:47 | 206m  | 12'13"/km |
| 14. | 147 | 00:03:16 | 01:01:03 | 297m  | 11'00"/km |
| 15. | 170 | 00:06:29 | 01:07:32 | 594m  | 10'55"/km |
| 16. | 999 | 00:00:38 | 01:08:10 | 106m  | 5'58"/km  |

Orienteering Software