



Ijzeren Paal

Lommel 22.1.2023

Omega

Alain DE WILDE

K.O.L.

Omloop : H:03

Afstand : 5540m

Tijd : 1:21:19 (14'41"/km)

23/26

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	00:09:40		359m	26'56"/km
2.	140	00:04:39	00:14:19	310m	15'00"/km
3.	137	00:05:16	00:19:35	403m	13'04"/km
4.	120	00:01:49	00:21:24	132m	13'46"/km
5.	141	00:03:56	00:25:20	369m	10'40"/km
6.	142	00:04:57	00:30:17	377m	13'08"/km
7.	126	00:03:51	00:34:08	174m	22'08"/km
8.	143	00:11:38	00:45:46	1011m	11'30"/km
9.	123	00:06:24	00:52:10	342m	18'43"/km
10.	128	00:04:53	00:57:03	315m	15'30"/km
11.	145	00:09:29	01:06:32	410m	23'08"/km
12.	146	00:02:37	01:09:09	139m	18'49"/km
13.	131	00:02:43	01:11:52	206m	13'11"/km
14.	147	00:03:05	01:14:57	297m	10'23"/km
15.	170	00:05:48	01:20:45	594m	9'46"/km
16.	999	00:00:34	01:21:19	106m	5'21"/km

Orienteering Software