



Ijzeren Paal

Lommel 22.1.2023

Omega

Jeroen HOEKX

hamok

Omloop : H:03

Afstand : 5540m

Tijd : 0:41:41 (7'31"/km)

--/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	00:02:38		359m	7'20"/km
2.	140	00:02:33	00:05:11	310m	8'14"/km
3.	137	00:02:32	00:07:43	403m	6'17"/km
4.	120	00:00:45	00:08:28	132m	5'41"/km
5.	141	00:02:23	00:10:51	369m	6'28"/km
6.	142	00:02:33	00:13:24	377m	6'46"/km
7.	126	00:03:34	00:16:58	174m	20'30"/km
8.	143	00:06:48	00:23:46	1011m	6'44"/km
9.	123	00:03:27	00:27:13	342m	10'05"/km
10.	128	00:02:24	00:29:37	315m	7'37"/km
11.	145	00:02:57	00:32:34	410m	7'12"/km
12.	146	00:00:56	00:33:30	139m	6'43"/km
13.	131	00:01:23	00:34:53	206m	6'43"/km
14.	147	00:02:01	00:36:54	297m	6'47"/km
15.	170	00:04:14	00:41:08	594m	7'08"/km
16.	999	00:00:33	00:41:41	106m	5'11"/km

Orienteering Software