



Ijzeren Paal

Lommel 22.1.2023

Omega

Fernand PAUWELS

K.O.L.

Omloop : H:04

Afstand : 3920m

Tijd : 0:47:17 (12'04"/km)

5/13

O.K.

[Volledige uitslagen op Webres](#)

1. Nathan JANSEN	0:29:50
2. Wout BOECKX	0:34:49
3. Wim HOEKX	0:35:44

1.	133	00:03:14		354m	9'08"/km
2.	126	00:04:02	00:07:16	291m	13'52"/km
3.	148	00:06:20	00:13:36	592m	10'42"/km
4.	128	00:03:40	00:17:16	302m	12'08"/km
5.	149	00:04:44	00:22:00	274m	17'16"/km
6.	150	00:03:33	00:25:33	353m	10'03"/km
7.	151	00:03:22	00:28:55	347m	9'42"/km
8.	152	00:04:26	00:33:21	228m	19'27"/km
9.	131	00:02:23	00:35:44	224m	10'38"/km
10.	130	00:02:55	00:38:39	300m	9'43"/km
11.	153	00:04:28	00:43:07	201m	22'13"/km
12.	170	00:03:32	00:46:39	343m	10'18"/km
13.	999	00:00:38	00:47:17	106m	5'58"/km

HELGA

Orienteering Software