



Ijzeren Paal

Lommel 22.1.2023

Omega

Wim GEERTS

hamok

Omloop : H:04

Afstand : 3920m

Tijd : 0:50:27 (12'52"/km)

9/13

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	00:03:12		354m	9'02"/km
2.	126	00:07:26	00:10:38	291m	25'33"/km
3.	148	00:09:26	00:20:04	592m	15'56"/km
4.	128	00:03:26	00:23:30	302m	11'22"/km
5.	149	00:03:15	00:26:45	274m	11'52"/km
6.	150	00:03:33	00:30:18	353m	10'03"/km
7.	151	00:03:19	00:33:37	347m	9'33"/km
8.	152	00:03:05	00:36:42	228m	13'31"/km
9.	131	00:02:48	00:39:30	224m	12'30"/km
10.	130	00:03:04	00:42:34	300m	10'13"/km
11.	153	00:02:14	00:44:48	201m	11'07"/km
12.	170	00:04:58	00:49:46	343m	14'29"/km
13.	999	00:00:41	00:50:27	106m	6'27"/km

HELGA

Orienteering Software