



Ijzeren Paal

Lommel 22.1.2023

Omega

Alexander MAES

hamok

Omloop : H:04

Afstand : 3920m

Tijd : 1:28:11 (22'30"/km)

13/13

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	00:04:45		354m	13'25"/km
2.	126	00:04:57	00:09:42	291m	17'01"/km
3.	148	00:13:19	00:23:01	592m	22'30"/km
4.	128	00:16:58	00:39:59	302m	56'11"/km
5.	149	00:11:08	00:51:07	274m	40'38"/km
6.	150	00:06:11	00:57:18	353m	17'31"/km
7.	151	00:05:06	01:02:24	347m	14'42"/km
8.	152	00:04:50	01:07:14	228m	21'12"/km
9.	131	00:07:38	01:14:52	224m	34'05"/km
10.	130	00:04:50	01:19:42	300m	16'07"/km
11.	153	00:03:22	01:23:04	201m	16'45"/km
12.	170	00:04:33	01:27:37	343m	13'16"/km
13.	999	00:00:34	01:28:11	106m	5'21"/km

HELGA

Orienteering Software