



**Ijzeren Paal**  
**Lommel 22.1.2023**  
**Omega**

**André PEETERS**

TROL

Omloop : H:05

Afstand : 3630m

Tijd : 0:48:24 (13'20"/km)

**3/18**

O.K.

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- |                  |         |
|------------------|---------|
| 1. Rudy CANTRE   | 0:35:42 |
| 2. Luc HEUNINCKX | 0:39:38 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 142 | 00:03:41 |          | 296m | 12'27"/km |
| 2.  | 160 | 00:11:17 | 00:14:58 | 975m | 11'34"/km |
| 3.  | 149 | 00:01:57 | 00:16:55 | 162m | 12'02"/km |
| 4.  | 128 | 00:03:40 | 00:20:35 | 274m | 13'23"/km |
| 5.  | 145 | 00:08:53 | 00:29:28 | 410m | 21'40"/km |
| 6.  | 150 | 00:03:15 | 00:32:43 | 272m | 11'57"/km |
| 7.  | 161 | 00:01:47 | 00:34:30 | 158m | 11'17"/km |
| 8.  | 131 | 00:01:48 | 00:36:18 | 142m | 12'41"/km |
| 9.  | 153 | 00:05:31 | 00:41:49 | 493m | 11'11"/km |
| 10. | 170 | 00:06:10 | 00:47:59 | 343m | 17'59"/km |
| 11. | 999 | 00:00:25 | 00:48:24 | 106m | 3'56"/km  |

HELGA

Orienteering Software