



Ijzeren Paal
Lommel 22.1.2023
Omega

Ferdy NIJST

K.O.L.

Omloop : H:05

Afstand : 3630m

Tijd : 0:49:48 (13'43"/km)

6/18

O.K.

[Volledige uitslagen op Webres](#)

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|------------------|---------|
| 1. Rudy CANTRE | 0:35:42 |
| 2. Luc HEUNINCKX | 0:39:38 |
| 3. André PEETERS | 0:48:24 |

1.	142	00:04:45		296m	16'03"/km
2.	160	00:13:00	00:17:45	975m	13'20"/km
3.	149	00:02:17	00:20:02	162m	14'06"/km
4.	128	00:04:25	00:24:27	274m	16'07"/km
5.	145	00:06:19	00:30:46	410m	15'24"/km
6.	150	00:03:36	00:34:22	272m	13'14"/km
7.	161	00:02:23	00:36:45	158m	15'05"/km
8.	131	00:01:54	00:38:39	142m	13'23"/km
9.	153	00:05:49	00:44:28	493m	11'48"/km
10.	170	00:04:25	00:48:53	343m	12'53"/km
11.	999	00:00:55	00:49:48	106m	8'39"/km

HELGA

Orienteering Software