



Ijzeren Paal
Lommel 22.1.2023
Omega

Jos THYS

hamok

Omloop : H:05

Afstand : 3630m

Tijd : 1:03:13 (17'25"/km)

11/18

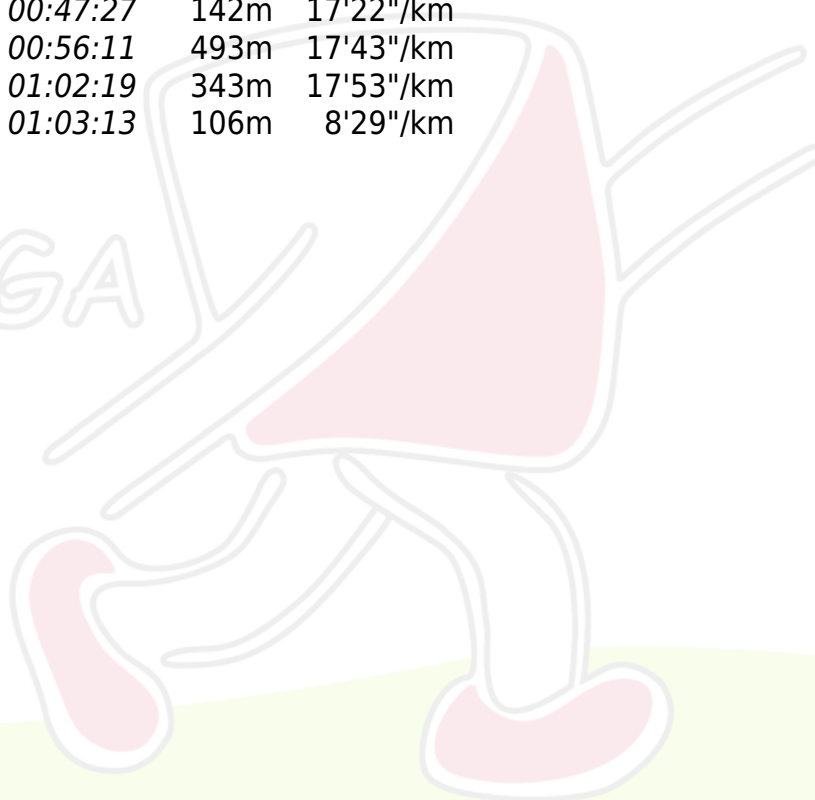
O.K.

[Volledige uitslagen op Webres](#)

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

1.	142	00:05:02		296m	17'00"/km
2.	160	00:17:57	00:22:59	975m	18'25"/km
3.	149	00:02:33	00:25:32	162m	15'44"/km
4.	128	00:06:12	00:31:44	274m	22'38"/km
5.	145	00:06:34	00:38:18	410m	16'01"/km
6.	150	00:04:05	00:42:23	272m	15'01"/km
7.	161	00:02:36	00:44:59	158m	16'27"/km
8.	131	00:02:28	00:47:27	142m	17'22"/km
9.	153	00:08:44	00:56:11	493m	17'43"/km
10.	170	00:06:08	01:02:19	343m	17'53"/km
11.	999	00:00:54	01:03:13	106m	8'29"/km

HELGA



Orienteering Software