



Ijzeren Paal
Lommel 22.1.2023
Omega

Jos HOUBEN

K.O.L.

Omloop : H:05

Afstand : 3630m

Tijd : 1:07:21 (18'33"/km)

13/18

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	00:05:03		296m	17'04"/km
2.	160	00:21:42	00:26:45	975m	22'15"/km
3.	149	00:02:39	00:29:24	162m	16'21"/km
4.	128	00:06:50	00:36:14	274m	24'56"/km
5.	145	00:06:47	00:43:01	410m	16'33"/km
6.	150	00:03:53	00:46:54	272m	14'17"/km
7.	161	00:02:20	00:49:14	158m	14'46"/km
8.	131	00:02:07	00:51:21	142m	14'54"/km
9.	153	00:08:52	01:00:13	493m	17'59"/km
10.	170	00:06:04	01:06:17	343m	17'41"/km
11.	999	00:01:04	01:07:21	106m	10'04"/km

HELGA

Orienteering Software