



# Ijzeren Paal

## Lommel 22.1.2023

### Omega

**Jozef DUCHESNE**

hamok

Omloop : H:05

Afstand : 3630m

Tijd : 1:15:11 (20'43"/km)

**15/18**

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 | 00:05:19 |          | 296m | 17'58"/km |
| 2.  | 160 | 00:16:32 | 00:21:51 | 975m | 16'57"/km |
| 3.  | 149 | 00:04:07 | 00:25:58 | 162m | 25'25"/km |
| 4.  | 128 | 00:06:22 | 00:32:20 | 274m | 23'14"/km |
| 5.  | 145 | 00:09:52 | 00:42:12 | 410m | 24'04"/km |
| 6.  | 150 | 00:05:21 | 00:47:33 | 272m | 19'40"/km |
| 7.  | 161 | 00:03:14 | 00:50:47 | 158m | 20'28"/km |
| 8.  | 131 | 00:03:06 | 00:53:53 | 142m | 21'50"/km |
| 9.  | 153 | 00:09:05 | 01:02:58 | 493m | 18'25"/km |
| 10. | 170 | 00:10:53 | 01:13:51 | 343m | 31'44"/km |
| 11. | 999 | 00:01:20 | 01:15:11 | 106m | 12'35"/km |

HELGA

Orienteering Software