



Ijzeren Paal

Lommel 22.1.2023

Omega

Gunther DEFERME

hamok

Omloop : H:09

Afstand : 5440m

Tijd : 0:57:01 (10'29"/km)

1/16

O.K.

[Volledige uitslagen op Webres](#)

2. Jean-Marc GILLET	1:02:28
3. Thor WOLLES	1:04:17

1.	134	00:02:48		404m	6'56"/km
2.	136	00:03:16	00:06:04	432m	7'34"/km
3.	137	00:02:05	00:08:09	335m	6'13"/km
4.	120	00:00:53	00:09:02	132m	6'42"/km
5.	133	00:03:52	00:12:54	520m	7'26"/km
6.	126	00:03:01	00:15:55	291m	10'22"/km
7.	155	00:04:44	00:20:39	494m	9'35"/km
8.	131	00:05:28	00:26:07	423m	12'55"/km
9.	146	00:01:46	00:27:53	206m	8'35"/km
10.	145	00:01:05	00:28:58	139m	7'48"/km
11.	128	00:05:09	00:34:07	410m	12'34"/km
12.	160	00:02:18	00:36:25	314m	7'19"/km
13.	161	00:03:39	00:40:04	361m	10'07"/km
14.	162	00:05:03	00:45:07	484m	10'26"/km
15.	163	00:09:00	00:54:07	212m	42'27"/km
16.	170	00:01:35	00:55:42	175m	9'03"/km
17.	999	00:01:19	00:57:01	106m	12'25"/km

Orienteering Software