



Ijzeren Paal

Lommel 22.1.2023

Omega

Jean-Marc GILLET

Omega

Omloop : H:09

Afstand : 5440m

Tijd : 1:02:28 (11'29"/km)

2/16

O.K.

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- | | |
|--------------------|---------|
| 1. Gunther DEFERME | 0:57:01 |
| 3. Thor WOLLES | 1:04:17 |

1.	134	00:03:01		404m	7'28"/km
2.	136	00:04:51	00:07:52	432m	11'14"/km
3.	137	00:02:26	00:10:18	335m	7'16"/km
4.	120	00:00:52	00:11:10	132m	6'34"/km
5.	133	00:05:23	00:16:33	520m	10'21"/km
6.	126	00:03:59	00:20:32	291m	13'41"/km
7.	155	00:07:58	00:28:30	494m	16'08"/km
8.	131	00:04:00	00:32:30	423m	9'27"/km
9.	146	00:01:44	00:34:14	206m	8'25"/km
10.	145	00:03:13	00:37:27	139m	23'08"/km
11.	128	00:06:05	00:43:32	410m	14'50"/km
12.	160	00:02:52	00:46:24	314m	9'08"/km
13.	161	00:03:25	00:49:49	361m	9'28"/km
14.	162	00:03:35	00:53:24	484m	7'24"/km
15.	163	00:06:08	00:59:32	212m	28'56"/km
16.	170	00:02:22	01:01:54	175m	13'31"/km
17.	999	00:00:34	01:02:28	106m	5'21"/km

Orienteering Software