



Ijzeren Paal

Lommel 22.1.2023

Omega

Koen BOSMANS

Omega

Omloop : H:09

Afstand : 5440m

Tijd : 1:05:58 (12'08"/km)

4/16

O.K.

[Volledige uitslagen op Webres](#)

1. Gunther DEFERME	0:57:01
2. Jean-Marc GILLET	1:02:28
3. Thor WOLLES	1:04:17

1.	134	00:02:59		404m	7'23"/km
2.	136	00:03:41	00:06:40	432m	8'32"/km
3.	137	00:02:13	00:08:53	335m	6'37"/km
4.	120	00:00:55	00:09:48	132m	6'57"/km
5.	133	00:04:16	00:14:04	520m	8'12"/km
6.	126	00:03:40	00:17:44	291m	12'36"/km
7.	155	00:04:55	00:22:39	494m	9'57"/km
8.	131	00:10:32	00:33:11	423m	24'54"/km
9.	146	00:01:39	00:34:50	206m	8'01"/km
10.	145	00:01:18	00:36:08	139m	9'21"/km
11.	128	00:05:36	00:41:44	410m	13'40"/km
12.	160	00:02:51	00:44:35	314m	9'05"/km
13.	161	00:03:32	00:48:07	361m	9'47"/km
14.	130	00:03:18	00:51:25		
15.	162	00:00:55	00:52:20		
16.	151	00:01:34	00:53:54	183m	8'34"/km
17.	163	00:08:52	01:02:46		
18.	170	00:02:41	01:05:27	175m	15'20"/km
19.	999	00:00:31	01:05:58	106m	4'52"/km

Orienteering Software