



Ijzeren Paal

Lommel 22.1.2023

Omega

Frank AERDEN

K.O.L.

Omloop : H:09

Afstand : 5440m

Tijd : 1:23:50 (15'25"/km)

6/16

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	00:04:07		404m	10'11"/km
2.	136	00:04:35	00:08:42	432m	10'37"/km
3.	137	00:03:14	00:11:56	335m	9'39"/km
4.	120	00:01:15	00:13:11	132m	9'28"/km
5.	133	00:05:47	00:18:58	520m	11'07"/km
6.	126	00:04:49	00:23:47	291m	16'33"/km
7.	155	00:07:20	00:31:07	494m	14'51"/km
8.	131	00:06:35	00:37:42	423m	15'34"/km
9.	146	00:03:42	00:41:24	206m	17'58"/km
10.	145	00:01:21	00:42:45	139m	9'43"/km
11.	128	00:08:51	00:51:36	410m	21'35"/km
12.	160	00:04:13	00:55:49	314m	13'26"/km
13.	161	00:05:41	01:01:30	361m	15'45"/km
14.	162	00:04:28	01:05:58	484m	9'14"/km
15.	151	00:06:47	01:12:45	183m	37'04"/km
16.	163	00:06:50	01:19:35		
17.	170	00:02:55	01:22:30	175m	16'40"/km
18.	999	00:01:20	01:23:50	106m	12'35"/km

Orienteering Software