



Ijzeren Paal

Lommel 22.1.2023

Omega

Karl KEUPPENS

Omega

Omloop : H:09

Afstand : 5440m

Tijd : 2:08:41 (23'39"/km)

7/16

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	00:06:00		404m	14'51"/km
2.	136	00:06:18	00:12:18	432m	14'35"/km
3.	137	00:07:44	00:20:02	335m	23'05"/km
4.	120	00:02:03	00:22:05	132m	15'32"/km
5.	133	00:09:04	00:31:09	520m	17'26"/km
6.	126	00:06:21	00:37:30	291m	21'49"/km
7.	155	00:36:33	01:14:03	494m	73'59"/km
8.	131	00:05:06	01:19:09	423m	12'03"/km
9.	146	00:04:31	01:23:40	206m	21'56"/km
10.	145	00:01:34	01:25:14	139m	11'16"/km
11.	128	00:14:47	01:40:01	410m	36'03"/km
12.	160	00:04:16	01:44:17	314m	13'35"/km
13.	161	00:07:09	01:51:26	361m	19'48"/km
14.	162	00:06:57	01:58:23	484m	14'22"/km
15.	163	00:04:42	02:03:05	212m	22'10"/km
16.	170	00:04:39	02:07:44	175m	26'34"/km
17.	999	00:00:57	02:08:41	106m	8'58"/km

Orienteering Software