



Ijzeren Paal

Lommel 22.1.2023

Omega

Koen MEYNEN

hamok

Omloop : H:09

Afstand : 5440m

Tijd : 1:47:23 (19'44"/km)

--/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	00:06:17		404m	15'33"/km
2.	136	00:04:04	00:10:21	432m	9'25"/km
3.	137	00:02:18	00:12:39	335m	6'52"/km
4.	120	00:01:02	00:13:41	132m	7'50"/km
5.	133	00:05:39	00:19:20	520m	10'52"/km
6.	126	00:06:40	00:26:00	291m	22'55"/km
7.	155	00:14:38	00:40:38	494m	29'37"/km
8.	131	00:05:00	00:45:38	423m	11'49"/km
9.	130	00:03:25	00:49:03	300m	11'23"/km
10.	129	00:01:08	00:50:11	101m	11'13"/km
11.	145	00:03:59	00:54:10		
12.	146	00:01:16	00:55:26	139m	9'07"/km
13.	145	00:01:14	00:56:40	139m	8'52"/km
14.	128	00:19:06	01:15:46	410m	46'35"/km
15.	160	00:03:53	01:19:39	314m	12'22"/km
16.	161	00:03:52	01:23:31	361m	10'43"/km
17.	162	00:04:16	01:27:47	484m	8'49"/km
18.	129	00:01:39	01:29:26		
19.	151	00:10:17	01:39:43		
20.	163	00:04:36	01:44:19		
21.	170	00:02:32	01:46:51	175m	14'29"/km
22.	999	00:00:32	01:47:23	106m	5'02"/km

Orienteering Software