



Ijzeren Paal

26.1.2025

Omega

Lieke VAN OPSTAL

K.O.L.

Course : D:03

Distance : 6630m

Time : 1:02:06 (9'22"/km)

5/17

O.K.

[Full result on Webres](#)

1. An NUYTS	0:53:03
2. Lieve MOELANS	0:55:16
3. Ellen MOLS	0:55:30

1.	132	00:04:41		501m	9'21"/km
2.	128	00:02:29	00:07:10	310m	8'01"/km
3.	126	00:02:47	00:09:57	308m	9'02"/km
4.	136	00:01:58	00:11:55	226m	8'42"/km
5.	127	00:00:54	00:12:49	95m	9'28"/km
6.	145	00:05:24	00:18:13	602m	8'58"/km
7.	130	00:01:54	00:20:07	192m	9'54"/km
8.	116	00:01:58	00:22:05	203m	9'41"/km
9.	121	00:05:30	00:27:35	584m	9'25"/km
10.	134	00:02:16	00:29:51	230m	9'51"/km
11.	120	00:01:38	00:31:29	120m	13'37"/km
12.	117	00:02:09	00:33:38	255m	8'26"/km
13.	122	00:05:15	00:38:53	557m	9'26"/km
14.	144	00:06:57	00:45:50	685m	10'09"/km
15.	131	00:02:56	00:48:46	274m	10'42"/km
16.	140	00:04:26	00:53:12	445m	9'58"/km
17.	129	00:01:47	00:54:59	211m	8'27"/km
18.	141	00:02:49	00:57:48	312m	9'02"/km
19.	142	00:03:21	01:01:09	343m	9'46"/km
20.	999	00:00:57	01:02:06	134m	7'05"/km

Orienteering Software