



Ijzeren Paal

26.1.2025

Omega

Lore STAES

K.O.L.

Course : D:03

Distance : 6630m

Time : 1:15:47 (11'26"/km)

13/17

O.K.

[Full result on Webres](#)

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

1.	132	00:07:12		501m	14'22"/km
2.	128	00:02:39	00:09:51	310m	8'33"/km
3.	126	00:02:57	00:12:48	308m	9'35"/km
4.	136	00:02:53	00:15:41	226m	12'45"/km
5.	127	00:01:30	00:17:11	95m	15'47"/km
6.	145	00:06:49	00:24:00	602m	11'19"/km
7.	130	00:02:45	00:26:45	192m	14'19"/km
8.	116	00:03:51	00:30:36	203m	18'58"/km
9.	121	00:05:35	00:36:11	584m	9'34"/km
10.	134	00:03:12	00:39:23	230m	13'55"/km
11.	120	00:02:07	00:41:30	120m	17'38"/km
12.	117	00:02:42	00:44:12	255m	10'35"/km
13.	122	00:05:38	00:49:50	557m	10'07"/km
14.	144	00:07:59	00:57:49	685m	11'39"/km
15.	131	00:03:17	01:01:06	274m	11'59"/km
16.	140	00:05:37	01:06:43	445m	12'37"/km
17.	129	00:01:46	01:08:29	211m	8'22"/km
18.	141	00:02:56	01:11:25	312m	9'24"/km
19.	142	00:03:29	01:14:54	343m	10'09"/km
20.	999	00:00:53	01:15:47	134m	6'36"/km

Orienteering Software