



**Ijzeren Paal**  
**26.1.2025**  
**Omega**

**Annemie JANSEN**

K.O.L.

Omloop : D:04

Afstand : 4960m

Tijd : 0:51:21 (10'21"/km)

**1/14**

O.K.

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|                     |         |
|---------------------|---------|
| 2. Masja VAN DE VEN | 0:54:42 |
| 3. Shanah BRACONIER | 0:56:46 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 139 | 00:02:22 |          | 273m | 8'40"/km  |
| 2.  | 143 | 00:04:22 | 00:06:44 | 257m | 16'59"/km |
| 3.  | 111 | 00:04:51 | 00:11:35 | 481m | 10'05"/km |
| 4.  | 147 | 00:03:24 | 00:14:59 | 315m | 10'48"/km |
| 5.  | 133 | 00:02:57 | 00:17:56 | 276m | 10'41"/km |
| 6.  | 114 | 00:03:14 | 00:21:10 | 207m | 15'37"/km |
| 7.  | 113 | 00:03:36 | 00:24:46 | 273m | 13'11"/km |
| 8.  | 123 | 00:02:21 | 00:27:07 | 281m | 8'22"/km  |
| 9.  | 115 | 00:00:56 | 00:28:03 | 95m  | 9'49"/km  |
| 10. | 144 | 00:05:24 | 00:33:27 | 584m | 9'15"/km  |
| 11. | 127 | 00:01:49 | 00:35:16 | 212m | 8'34"/km  |
| 12. | 136 | 00:01:02 | 00:36:18 | 95m  | 10'53"/km |
| 13. | 131 | 00:02:36 | 00:38:54 | 317m | 8'12"/km  |
| 14. | 128 | 00:02:33 | 00:41:27 | 237m | 10'46"/km |
| 15. | 129 | 00:01:31 | 00:42:58 | 185m | 8'12"/km  |
| 16. | 140 | 00:01:51 | 00:44:49 | 211m | 8'46"/km  |
| 17. | 142 | 00:05:28 | 00:50:17 | 489m | 11'11"/km |
| 18. | 999 | 00:01:04 | 00:51:21 | 134m | 7'58"/km  |

Orienteering Software