



Ijzeren Paal

26.1.2025

Omega

Noore SELS

hamok

Course : D:04

Distance : 4960m

Time : 1:00:35 (12'13"/km)

5/14

O.K.

[Full result on Webres](#)

1. Annemie JANSEN	0:51:21
2. Masja VAN DE VEN	0:54:42
3. Shanah BRACONIER	0:56:46

1.	139	00:02:29		273m	9'06"/km
2.	143	00:02:32	00:05:01	257m	9'51"/km
3.	111	00:05:17	00:10:18	481m	10'59"/km
4.	147	00:03:08	00:13:26	315m	9'57"/km
5.	133	00:02:55	00:16:21	276m	10'34"/km
6.	114	00:02:36	00:18:57	207m	12'34"/km
7.	113	00:03:33	00:22:30	273m	13'00"/km
8.	123	00:02:01	00:24:31	281m	7'11"/km
9.	115	00:00:37	00:25:08	95m	6'29"/km
10.	144	00:06:10	00:31:18	584m	10'34"/km
11.	127	00:01:41	00:32:59	212m	7'56"/km
12.	136	00:00:48	00:33:47	95m	8'25"/km
13.	131	00:02:39	00:36:26	317m	8'22"/km
14.	128	00:02:12	00:38:38	237m	9'17"/km
15.	129	00:01:29	00:40:07	185m	8'01"/km
16.	140	00:05:56	00:46:03	211m	28'07"/km
17.	142	00:12:43	00:58:46	489m	26'00"/km
18.	999	00:01:49	01:00:35	134m	13'33"/km

Orienteering Software