



Ijzeren Paal

26.1.2025

Omega

Lea SWINNEN

Omega

Course : D:04

Distance : 4960m

Time : 1:02:09 (12'32"/km)

6/14

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	00:02:39		273m	9'42"/km
2.	143	00:05:34	00:08:13	257m	21'40"/km
3.	111	00:05:26	00:13:39	481m	11'18"/km
4.	147	00:04:32	00:18:11	315m	14'23"/km
5.	133	00:03:33	00:21:44	276m	12'52"/km
6.	114	00:03:14	00:24:58	207m	15'37"/km
7.	113	00:04:11	00:29:09	273m	15'19"/km
8.	123	00:03:32	00:32:41	281m	12'34"/km
9.	115	00:01:17	00:33:58	95m	13'31"/km
10.	144	00:06:03	00:40:01	584m	10'22"/km
11.	127	00:02:30	00:42:31	212m	11'48"/km
12.	136	00:01:16	00:43:47	95m	13'20"/km
13.	131	00:03:24	00:47:11	317m	10'44"/km
14.	128	00:03:22	00:50:33	237m	14'12"/km
15.	129	00:02:10	00:52:43	185m	11'43"/km
16.	140	00:02:22	00:55:05	211m	11'13"/km
17.	142	00:06:00	01:01:05	489m	12'16"/km
18.	999	00:01:04	01:02:09	134m	7'58"/km

Orienteering Software