



Ijzeren Paal

26.1.2025

Omega

**Lea SWINNEN**

Omega

Strecke : D:04

Länge : 4960m

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

**6/14**

O.K.

[Vollständige Ergebnisse auf 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