



Ijzeren Paal

26.1.2025

Omega

Simonne SILVI

K.O.L.

Course : D:05

Distance : 3980m

Time : 0:53:42 (13'30"/km)

5/10

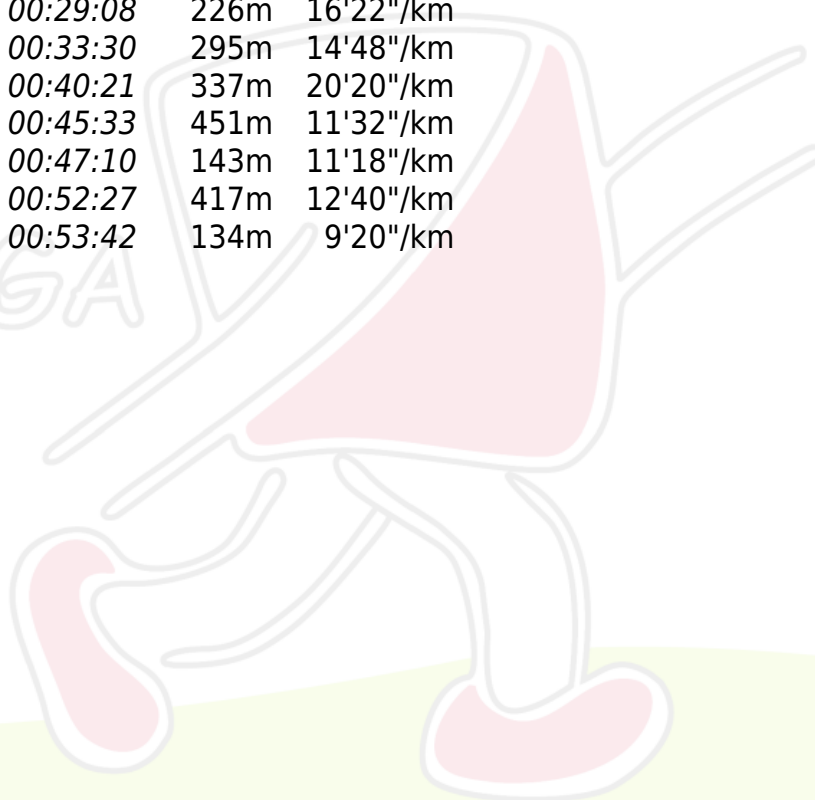
O.K.

[Full result on Webres](#)

- | | |
|-------------------|---------|
| 1. Els PUT | 0:39:24 |
| 2. Betty DE MEYER | 0:43:12 |
| 3. Leen WOUTERS | 0:47:36 |

1.	139	00:03:23		273m	12'24"/km
2.	112	00:06:20	00:09:43	401m	15'48"/km
3.	141	00:02:16	00:11:59	168m	13'30"/km
4.	129	00:03:42	00:15:41	312m	11'52"/km
5.	128	00:02:22	00:18:03	185m	12'48"/km
6.	127	00:06:05	00:24:08	501m	12'09"/km
7.	136	00:01:18	00:25:26	95m	13'41"/km
8.	126	00:03:42	00:29:08	226m	16'22"/km
9.	131	00:04:22	00:33:30	295m	14'48"/km
10.	138	00:06:51	00:40:21	337m	20'20"/km
11.	140	00:05:12	00:45:33	451m	11'32"/km
12.	132	00:01:37	00:47:10	143m	11'18"/km
13.	142	00:05:17	00:52:27	417m	12'40"/km
14.	999	00:01:15	00:53:42	134m	9'20"/km

HELGA



Orienteering Software