



Ijzeren Paal

26.1.2025

Omega

Lok Hin MA

Antwerp Orienteers

Course : H:01

Distance : 9710m

Time : 1:12:54 (7'30"/km)

11/25

O.K.

[Full result on Webres](#)

1. Desmond FRANSSEN	0:50:15
2. Yannick MICHIELS	0:50:48
3. Nico CEUNEN	0:51:08

1.	111	00:05:47		866m	6'41"/km
2.	147	00:02:06	00:07:53	315m	6'40"/km
3.	113	00:01:14	00:09:07	208m	5'56"/km
4.	133	00:01:31	00:10:38	197m	7'42"/km
5.	114	00:01:47	00:12:25	207m	8'37"/km
6.	116	00:18:07	00:30:32	922m	19'39"/km
7.	145	00:01:31	00:32:03	202m	7'30"/km
8.	135	00:03:24	00:35:27	598m	5'41"/km
9.	119	00:01:11	00:36:38	218m	5'26"/km
10.	118	00:01:52	00:38:30	333m	5'36"/km
11.	117	00:02:08	00:40:38	374m	5'42"/km
12.	121	00:02:38	00:43:16	437m	6'02"/km
13.	134	00:01:39	00:44:55	230m	7'10"/km
14.	120	00:01:11	00:46:06	120m	9'52"/km
15.	122	00:03:19	00:49:25	512m	6'29"/km
16.	137	00:03:24	00:52:49	575m	5'55"/km
17.	124	00:03:02	00:55:51	570m	5'19"/km
18.	125	00:02:35	00:58:26	351m	7'22"/km
19.	136	00:02:49	01:01:15	466m	6'03"/km
20.	127	00:00:39	01:01:54	95m	6'51"/km
21.	131	00:02:02	01:03:56	314m	6'29"/km
22.	126	00:01:56	01:05:52	295m	6'33"/km
23.	129	00:02:27	01:08:19	467m	5'15"/km
24.	141	00:01:48	01:10:07	312m	5'46"/km
25.	112	00:01:02	01:11:09	168m	6'09"/km
26.	142	00:01:02	01:12:11	182m	5'41"/km
27.	999	00:00:43	01:12:54	134m	5'21"/km

Orienteering Software