



Ijzeren Paal

26.1.2025

Omega

Thomas KNOOPS

hamok

Course : H:01

Distance : 9710m

Time : 1:19:14 (8'10"/km)

17/25

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	00:06:07		866m	7'04"/km
2.	147	00:02:42	00:08:49	315m	8'34"/km
3.	113	00:01:34	00:10:23	208m	7'32"/km
4.	133	00:01:48	00:12:11	197m	9'08"/km
5.	114	00:01:58	00:14:09	207m	9'30"/km
6.	116	00:08:04	00:22:13	922m	8'45"/km
7.	145	00:02:41	00:24:54	202m	13'17"/km
8.	135	00:04:22	00:29:16	598m	7'18"/km
9.	119	00:01:39	00:30:55	218m	7'34"/km
10.	118	00:02:25	00:33:20	333m	7'15"/km
11.	117	00:02:36	00:35:56	374m	6'57"/km
12.	121	00:04:05	00:40:01	437m	9'21"/km
13.	134	00:02:01	00:42:02	230m	8'46"/km
14.	120	00:01:13	00:43:15	120m	10'08"/km
15.	122	00:04:16	00:47:31	512m	8'20"/km
16.	137	00:04:53	00:52:24	575m	8'30"/km
17.	124	00:04:09	00:56:33	570m	7'17"/km
18.	125	00:02:54	00:59:27	351m	8'16"/km
19.	136	00:03:45	01:03:12	466m	8'03"/km
20.	127	00:00:48	01:04:00	95m	8'25"/km
21.	131	00:02:23	01:06:23	314m	7'35"/km
22.	126	00:02:23	01:08:46	295m	8'05"/km
23.	129	00:03:45	01:12:31	467m	8'02"/km
24.	141	00:02:23	01:14:54	312m	7'38"/km
25.	112	00:01:26	01:16:20	168m	8'32"/km
26.	142	00:02:08	01:18:28	182m	11'43"/km
27.	999	00:00:46	01:19:14	134m	5'43"/km

Orienteering Software