



Ijzeren Paal

26.1.2025

Omega

Roland VAN LOON

hamok

Course : H:02

Distance : 8700m

Time : 0:54:49 (6'18"/km)

5/39

O.K.

[Full result on Webres](#)

1. Thomas JANSEN	0:48:37
2. Pjotr MERTENS	0:52:00
3. Winston FRANSEN	0:52:48

1.	140	00:03:42		525m	7'03"/km
2.	129	00:01:16	00:04:58	211m	6'00"/km
3.	127	00:03:49	00:08:47	686m	5'34"/km
4.	136	00:00:40	00:09:27	95m	7'01"/km
5.	126	00:01:46	00:11:13	226m	7'49"/km
6.	146	00:02:14	00:13:27	376m	5'56"/km
7.	124	00:02:50	00:16:17	533m	5'19"/km
8.	144	00:03:01	00:19:18	576m	5'14"/km
9.	134	00:06:35	00:25:53	1067m	6'10"/km
10.	120	00:00:56	00:26:49	120m	7'47"/km
11.	117	00:01:47	00:28:36	255m	7'00"/km
12.	116	00:02:48	00:31:24	399m	7'01"/km
13.	135	00:04:13	00:35:37	600m	7'02"/km
14.	119	00:01:17	00:36:54	218m	5'53"/km
15.	145	00:03:59	00:40:53	664m	6'00"/km
16.	138	00:03:37	00:44:30	517m	7'00"/km
17.	131	00:02:29	00:46:59	337m	7'22"/km
18.	132	00:03:36	00:50:35	512m	7'02"/km
19.	141	00:01:38	00:52:13	259m	6'18"/km
20.	142	00:02:00	00:54:13	343m	5'50"/km
21.	999	00:00:36	00:54:49	134m	4'29"/km

Orienteering Software