



Ijzeren Paal
26.1.2025
Omega

Wim VERVOORT

TROL

Course : H:02

Distance : 8700m

Time : 1:10:01 (8'03"/km)

19/39

O.K.

[Full result on Webres](#)

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

1.	140	00:04:18		525m	8'11"/km
2.	129	00:01:31	00:05:49	211m	7'11"/km
3.	127	00:04:49	00:10:38	686m	7'01"/km
4.	136	00:00:49	00:11:27	95m	8'36"/km
5.	126	00:01:50	00:13:17	226m	8'07"/km
6.	146	00:03:11	00:16:28	376m	8'28"/km
7.	124	00:04:38	00:21:06	533m	8'42"/km
8.	144	00:04:00	00:25:06	576m	6'57"/km
9.	134	00:08:52	00:33:58	1067m	8'19"/km
10.	120	00:01:26	00:35:24	120m	11'57"/km
11.	117	00:02:09	00:37:33	255m	8'26"/km
12.	116	00:03:15	00:40:48	399m	8'09"/km
13.	135	00:04:56	00:45:44	600m	8'13"/km
14.	119	00:01:31	00:47:15	218m	6'57"/km
15.	145	00:05:02	00:52:17	664m	7'35"/km
16.	138	00:05:22	00:57:39	517m	10'23"/km
17.	131	00:02:53	01:00:32	337m	8'33"/km
18.	132	00:04:10	01:04:42	512m	8'08"/km
19.	141	00:01:48	01:06:30	259m	6'57"/km
20.	142	00:02:42	01:09:12	343m	7'52"/km
21.	999	00:00:49	01:10:01	134m	6'06"/km

Orienteering Software