



Ijzeren Paal

26.1.2025

Omega

Stan MAES

K.O.L.

Course : H:02

Distance : 8700m

Time : 1:13:38 (8'28"/km)

24/39

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	00:04:21		525m	8'17"/km
2.	129	00:01:37	00:05:58	211m	7'40"/km
3.	127	00:05:38	00:11:36	686m	8'13"/km
4.	136	00:00:59	00:12:35	95m	10'21"/km
5.	126	00:02:14	00:14:49	226m	9'53"/km
6.	146	00:03:37	00:18:26	376m	9'37"/km
7.	124	00:04:14	00:22:40	533m	7'57"/km
8.	144	00:04:22	00:27:02	576m	7'35"/km
9.	134	00:09:56	00:36:58	1067m	9'19"/km
10.	120	00:01:06	00:38:04	120m	9'10"/km
11.	117	00:01:55	00:39:59	255m	7'31"/km
12.	116	00:03:17	00:43:16	399m	8'14"/km
13.	135	00:04:53	00:48:09	600m	8'08"/km
14.	119	00:01:43	00:49:52	218m	7'52"/km
15.	145	00:05:26	00:55:18	664m	8'11"/km
16.	138	00:05:21	01:00:39	517m	10'21"/km
17.	131	00:03:43	01:04:22	337m	11'02"/km
18.	132	00:04:16	01:08:38	512m	8'20"/km
19.	141	00:01:38	01:10:16	259m	6'18"/km
20.	142	00:02:50	01:13:06	343m	8'16"/km
21.	999	00:00:32	01:13:38	134m	3'59"/km

Orienteering Software