



Ijzeren Paal

26.1.2025

Omega

**Dieter SELS**

hamok

Course : H:02

Distance : 8700m

Time : 1:17:21 (8'53"/km)

29/39

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 | 00:05:09 |          | 525m  | 9'49"/km  |
| 2.  | 129 | 00:01:42 | 00:06:51 | 211m  | 8'03"/km  |
| 3.  | 127 | 00:05:25 | 00:12:16 | 686m  | 7'54"/km  |
| 4.  | 136 | 00:00:57 | 00:13:13 | 95m   | 10'00"/km |
| 5.  | 126 | 00:02:13 | 00:15:26 | 226m  | 9'48"/km  |
| 6.  | 146 | 00:03:11 | 00:18:37 | 376m  | 8'28"/km  |
| 7.  | 124 | 00:04:17 | 00:22:54 | 533m  | 8'02"/km  |
| 8.  | 144 | 00:04:39 | 00:27:33 | 576m  | 8'04"/km  |
| 9.  | 134 | 00:08:34 | 00:36:07 | 1067m | 8'02"/km  |
| 10. | 120 | 00:01:11 | 00:37:18 | 120m  | 9'52"/km  |
| 11. | 117 | 00:02:21 | 00:39:39 | 255m  | 9'13"/km  |
| 12. | 116 | 00:03:26 | 00:43:05 | 399m  | 8'36"/km  |
| 13. | 135 | 00:07:22 | 00:50:27 | 600m  | 12'17"/km |
| 14. | 119 | 00:01:38 | 00:52:05 | 218m  | 7'30"/km  |
| 15. | 145 | 00:05:44 | 00:57:49 | 664m  | 8'38"/km  |
| 16. | 138 | 00:04:40 | 01:02:29 | 517m  | 9'02"/km  |
| 17. | 131 | 00:03:40 | 01:06:09 | 337m  | 10'53"/km |
| 18. | 132 | 00:05:47 | 01:11:56 | 512m  | 11'18"/km |
| 19. | 141 | 00:01:57 | 01:13:53 | 259m  | 7'32"/km  |
| 20. | 142 | 00:02:38 | 01:16:31 | 343m  | 7'41"/km  |
| 21. | 999 | 00:00:50 | 01:17:21 | 134m  | 6'13"/km  |

Orienteering Software