



Ijzeren Paal

26.1.2025

Omega

Dieter SELS

hamok

Percursus : H:02

Distancia : 8700m

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

29/39

O.K.

[Resultados completos em 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