



Ijzeren Paal

26.1.2025

Omega

Tim DILEN

K.O.L.

Omloop : H:02

Afstand : 8700m

Tijd : 1:17:34 (8'55"/km)

30/39

O.K.

[Volledige uitslagen op Webres](#)

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

1.	140	00:04:59		525m	9'30"/km
2.	129	00:01:49	00:06:48	211m	8'37"/km
3.	127	00:05:26	00:12:14	686m	7'55"/km
4.	136	00:00:53	00:13:07	95m	9'18"/km
5.	126	00:02:05	00:15:12	226m	9'13"/km
6.	146	00:03:00	00:18:12	376m	7'59"/km
7.	124	00:04:03	00:22:15	533m	7'36"/km
8.	144	00:04:52	00:27:07	576m	8'27"/km
9.	134	00:10:42	00:37:49	1067m	10'02"/km
10.	120	00:01:41	00:39:30	120m	14'02"/km
11.	117	00:02:16	00:41:46	255m	8'53"/km
12.	116	00:03:28	00:45:14	399m	8'41"/km
13.	135	00:05:43	00:50:57	600m	9'32"/km
14.	119	00:01:44	00:52:41	218m	7'57"/km
15.	145	00:05:44	00:58:25	664m	8'38"/km
16.	138	00:05:16	01:03:41	517m	10'11"/km
17.	131	00:03:34	01:07:15	337m	10'35"/km
18.	132	00:04:42	01:11:57	512m	9'11"/km
19.	141	00:02:01	01:13:58	259m	7'47"/km
20.	142	00:02:44	01:16:42	343m	7'58"/km
21.	999	00:00:52	01:17:34	134m	6'28"/km

Orienteering Software