



Ijzeren Paal

26.1.2025

Omega

**Steffen KNOOPS**

hamok

Percorso : H:02

Distancia : 8700m

Tempo : 1:34:20 (10'51"/km)

**37/39**

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 | 00:06:03 |          | 525m  | 11'31"/km |
| 2.  | 129 | 00:02:08 | 00:08:11 | 211m  | 10'07"/km |
| 3.  | 127 | 00:06:36 | 00:14:47 | 686m  | 9'37"/km  |
| 4.  | 136 | 00:01:11 | 00:15:58 | 95m   | 12'27"/km |
| 5.  | 126 | 00:02:33 | 00:18:31 | 226m  | 11'17"/km |
| 6.  | 146 | 00:04:18 | 00:22:49 | 376m  | 11'26"/km |
| 7.  | 124 | 00:04:55 | 00:27:44 | 533m  | 9'13"/km  |
| 8.  | 144 | 00:05:01 | 00:32:45 | 576m  | 8'43"/km  |
| 9.  | 134 | 00:11:46 | 00:44:31 | 1067m | 11'02"/km |
| 10. | 120 | 00:02:03 | 00:46:34 | 120m  | 17'05"/km |
| 11. | 117 | 00:03:24 | 00:49:58 | 255m  | 13'20"/km |
| 12. | 116 | 00:04:04 | 00:54:02 | 399m  | 10'12"/km |
| 13. | 135 | 00:07:20 | 01:01:22 | 600m  | 12'13"/km |
| 14. | 119 | 00:01:58 | 01:03:20 | 218m  | 9'01"/km  |
| 15. | 145 | 00:06:25 | 01:09:45 | 664m  | 9'40"/km  |
| 16. | 138 | 00:06:58 | 01:16:43 | 517m  | 13'29"/km |
| 17. | 131 | 00:04:58 | 01:21:41 | 337m  | 14'44"/km |
| 18. | 132 | 00:05:20 | 01:27:01 | 512m  | 10'25"/km |
| 19. | 141 | 00:03:00 | 01:30:01 | 259m  | 11'35"/km |
| 20. | 142 | 00:03:19 | 01:33:20 | 343m  | 9'40"/km  |
| 21. | 999 | 00:01:00 | 01:34:20 | 134m  | 7'28"/km  |

Orienteering Software