



Ijzeren Paal

26.1.2025

Omega

Guido TIMMERS

hamok

Course : H:03

Distance : 6630m

Time : 0:48:28 (7'19"/km)

6/38

O.K.

[Full result on Webres](#)

1. Nathan JANSEN	0:41:51
2. Noël NIJSTEN	0:45:25
3. Wiet LAENEN	0:46:06

1.	132	00:03:00		501m	5'59"/km
2.	128	00:02:07	00:05:07	310m	6'50"/km
3.	126	00:02:02	00:07:09	308m	6'36"/km
4.	136	00:01:43	00:08:52	226m	7'36"/km
5.	127	00:00:47	00:09:39	95m	8'15"/km
6.	145	00:04:13	00:13:52	602m	7'00"/km
7.	130	00:01:17	00:15:09	192m	6'41"/km
8.	116	00:02:00	00:17:09	203m	9'51"/km
9.	121	00:05:23	00:22:32	584m	9'13"/km
10.	134	00:01:47	00:24:19	230m	7'45"/km
11.	120	00:01:14	00:25:33	120m	10'17"/km
12.	117	00:01:44	00:27:17	255m	6'48"/km
13.	122	00:03:33	00:30:50	557m	6'22"/km
14.	144	00:04:47	00:35:37	685m	6'59"/km
15.	131	00:03:05	00:38:42	274m	11'15"/km
16.	140	00:02:57	00:41:39	445m	6'38"/km
17.	129	00:01:23	00:43:02	211m	6'33"/km
18.	141	00:02:10	00:45:12	312m	6'57"/km
19.	142	00:02:31	00:47:43	343m	7'20"/km
20.	999	00:00:45	00:48:28	134m	5'36"/km

Orienteering Software