



Ijzeren Paal

26.1.2025

Omega

Dolf LEPPENS

K.O.L.

Strecke : H:03

Länge : 6630m

Zeit : 0:48:54 (7'23"/km)

7/38

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	132	00:03:39		501m	7'17"/km
2.	128	00:02:25	00:06:04	310m	7'48"/km
3.	126	00:02:10	00:08:14	308m	7'02"/km
4.	136	00:01:42	00:09:56	226m	7'31"/km
5.	127	00:00:48	00:10:44	95m	8'25"/km
6.	145	00:04:15	00:14:59	602m	7'04"/km
7.	130	00:01:21	00:16:20	192m	7'02"/km
8.	116	00:01:56	00:18:16	203m	9'31"/km
9.	121	00:04:28	00:22:44	584m	7'39"/km
10.	134	00:01:50	00:24:34	230m	7'58"/km
11.	120	00:01:02	00:25:36	120m	8'37"/km
12.	117	00:01:55	00:27:31	255m	7'31"/km
13.	122	00:03:49	00:31:20	557m	6'51"/km
14.	144	00:05:20	00:36:40	685m	7'47"/km
15.	131	00:02:07	00:38:47	274m	7'44"/km
16.	140	00:03:18	00:42:05	445m	7'25"/km
17.	129	00:01:28	00:43:33	211m	6'57"/km
18.	141	00:02:04	00:45:37	312m	6'37"/km
19.	142	00:02:35	00:48:12	343m	7'32"/km
20.	999	00:00:42	00:48:54	134m	5'13"/km

Orienteering Software