



Ijzeren Paal

26.1.2025

Omega

Hans DE WIT

K.O.L.

Course : H:03

Distance : 6630m

Time : 0:50:39 (7'38"/km)

12/38

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	00:04:08		501m	8'15"/km
2.	128	00:02:12	00:06:20	310m	7'06"/km
3.	126	00:02:06	00:08:26	308m	6'49"/km
4.	136	00:01:46	00:10:12	226m	7'49"/km
5.	127	00:00:45	00:10:57	95m	7'54"/km
6.	145	00:04:23	00:15:20	602m	7'17"/km
7.	130	00:01:22	00:16:42	192m	7'07"/km
8.	116	00:02:00	00:18:42	203m	9'51"/km
9.	121	00:04:43	00:23:25	584m	8'05"/km
10.	134	00:02:03	00:25:28	230m	8'55"/km
11.	120	00:01:11	00:26:39	120m	9'52"/km
12.	117	00:01:58	00:28:37	255m	7'43"/km
13.	122	00:03:46	00:32:23	557m	6'46"/km
14.	144	00:05:20	00:37:43	685m	7'47"/km
15.	131	00:02:14	00:39:57	274m	8'09"/km
16.	140	00:03:30	00:43:27	445m	7'52"/km
17.	129	00:01:26	00:44:53	211m	6'48"/km
18.	141	00:02:17	00:47:10	312m	7'19"/km
19.	142	00:02:46	00:49:56	343m	8'04"/km
20.	999	00:00:43	00:50:39	134m	5'21"/km

Orienteering Software