



Ijzeren Paal

26.1.2025

Omega

Karl VERVOORT

TROL

Course : H:03

Distance : 6630m

Time : 0:53:00 (8'00"/km)

16/38

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	00:03:22		501m	6'43"/km
2.	128	00:02:14	00:05:36	310m	7'12"/km
3.	126	00:02:10	00:07:46	308m	7'02"/km
4.	136	00:01:47	00:09:33	226m	7'53"/km
5.	127	00:00:56	00:10:29	95m	9'49"/km
6.	145	00:04:37	00:15:06	602m	7'40"/km
7.	130	00:01:23	00:16:29	192m	7'12"/km
8.	116	00:02:13	00:18:42	203m	10'55"/km
9.	121	00:05:02	00:23:44	584m	8'37"/km
10.	134	00:01:59	00:25:43	230m	8'37"/km
11.	120	00:01:50	00:27:33	120m	15'17"/km
12.	117	00:02:12	00:29:45	255m	8'38"/km
13.	122	00:04:11	00:33:56	557m	7'31"/km
14.	144	00:05:27	00:39:23	685m	7'57"/km
15.	131	00:02:36	00:41:59	274m	9'29"/km
16.	140	00:03:19	00:45:18	445m	7'27"/km
17.	129	00:01:37	00:46:55	211m	7'40"/km
18.	141	00:02:17	00:49:12	312m	7'19"/km
19.	142	00:02:57	00:52:09	343m	8'36"/km
20.	999	00:00:51	00:53:00	134m	6'21"/km

Orienteering Software