



Ijzeren Paal

26.1.2025

Omega

Adrie VAN OPSTAL

K.O.L.

Omloop : H:03

Afstand : 6630m

Tijd : 0:55:59 (8'27"/km)

18/38

O.K.

[Volledige uitslagen op Webres](#)

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

1.	132	00:03:24		501m	6'47"/km
2.	128	00:02:31	00:05:55	310m	8'07"/km
3.	126	00:04:17	00:10:12	308m	13'54"/km
4.	136	00:01:53	00:12:05	226m	8'20"/km
5.	127	00:00:50	00:12:55	95m	8'46"/km
6.	145	00:04:26	00:17:21	602m	7'22"/km
7.	130	00:01:32	00:18:53	192m	7'59"/km
8.	116	00:01:51	00:20:44	203m	9'07"/km
9.	121	00:05:24	00:26:08	584m	9'15"/km
10.	134	00:02:00	00:28:08	230m	8'42"/km
11.	120	00:01:15	00:29:23	120m	10'25"/km
12.	117	00:02:02	00:31:25	255m	7'58"/km
13.	122	00:03:53	00:35:18	557m	6'58"/km
14.	144	00:07:09	00:42:27	685m	10'26"/km
15.	131	00:02:19	00:44:46	274m	8'27"/km
16.	140	00:03:25	00:48:11	445m	7'41"/km
17.	129	00:01:43	00:49:54	211m	8'08"/km
18.	141	00:02:21	00:52:15	312m	7'32"/km
19.	142	00:02:52	00:55:07	343m	8'21"/km
20.	999	00:00:52	00:55:59	134m	6'28"/km

Orienteering Software