



Ijzeren Paal

26.1.2025

Omega

Kobe DEFERM

hamok

Omloop : H:04

Afstand : 4960m

Tijd : 0:36:08 (7'17"/km)

1/28

O.K.

[Volledige uitslagen op Webres](#)

2. Gérald SOUWEINE 0:41:27
3. Wim HOEKX 0:43:34

1.	139	00:01:38		273m	5'59"/km
2.	143	00:02:04	00:03:42	257m	8'02"/km
3.	111	00:03:49	00:07:31	481m	7'56"/km
4.	147	00:02:10	00:09:41	315m	6'53"/km
5.	133	00:02:03	00:11:44	276m	7'26"/km
6.	114	00:01:54	00:13:38	207m	9'11"/km
7.	113	00:01:58	00:15:36	273m	7'12"/km
8.	123	00:01:34	00:17:10	281m	5'35"/km
9.	115	00:00:37	00:17:47	95m	6'29"/km
10.	144	00:06:22	00:24:09	584m	10'54"/km
11.	127	00:01:35	00:25:44	212m	7'28"/km
12.	136	00:00:36	00:26:20	95m	6'19"/km
13.	131	00:01:45	00:28:05	317m	5'31"/km
14.	128	00:01:32	00:29:37	237m	6'28"/km
15.	129	00:01:07	00:30:44	185m	6'02"/km
16.	140	00:01:25	00:32:09	211m	6'43"/km
17.	142	00:03:20	00:35:29	489m	6'49"/km
18.	999	00:00:39	00:36:08	134m	4'51"/km

Orienteering Software