



Ijzeren Paal

26.1.2025

Omega

Gérald SOUWEINE

ASUB

Course : H:04

Distance : 4960m

Time : 0:41:27 (8'21"/km)

2/28

O.K.

[Full result on Webres](#)

1. Kobe DEFERM	0:36:08
3. Wim HOEKX	0:43:34

1.	139	00:02:09		273m	7'53"/km
2.	143	00:02:35	00:04:44	257m	10'03"/km
3.	111	00:04:28	00:09:12	481m	9'17"/km
4.	147	00:02:46	00:11:58	315m	8'47"/km
5.	133	00:02:24	00:14:22	276m	8'42"/km
6.	114	00:02:07	00:16:29	207m	10'14"/km
7.	113	00:02:35	00:19:04	273m	9'28"/km
8.	123	00:02:09	00:21:13	281m	7'39"/km
9.	115	00:00:55	00:22:08	95m	9'39"/km
10.	144	00:04:42	00:26:50	584m	8'03"/km
11.	127	00:01:38	00:28:28	212m	7'42"/km
12.	136	00:00:48	00:29:16	95m	8'25"/km
13.	131	00:02:23	00:31:39	317m	7'31"/km
14.	128	00:01:52	00:33:31	237m	7'53"/km
15.	129	00:01:21	00:34:52	185m	7'18"/km
16.	140	00:01:39	00:36:31	211m	7'49"/km
17.	142	00:04:04	00:40:35	489m	8'19"/km
18.	999	00:00:52	00:41:27	134m	6'28"/km

Orienteering Software