



Ijzeren Paal

26.1.2025

Omega

Julien VAN BOSCH

TROL

Strecke : H:04

Länge : 4960m

Zeit : 0:55:57 (11'17"/km)

13/28

O.K.

[Vollständige Ergebnisse auf Webres](#)

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|--------------------|---------|
| 1. Kobe DEFERM | 0:36:08 |
| 2. Gérald SOUWEINE | 0:41:27 |
| 3. Wim HOEKX | 0:43:34 |

1.	139	00:03:01		273m	11'03"/km
2.	143	00:03:23	00:06:24	257m	13'10"/km
3.	111	00:07:37	00:14:01	481m	15'50"/km
4.	147	00:03:19	00:17:20	315m	10'32"/km
5.	133	00:02:57	00:20:17	276m	10'41"/km
6.	114	00:02:37	00:22:54	207m	12'38"/km
7.	113	00:03:09	00:26:03	273m	11'32"/km
8.	123	00:02:59	00:29:02	281m	10'37"/km
9.	115	00:00:55	00:29:57	95m	9'39"/km
10.	144	00:06:02	00:35:59	584m	10'20"/km
11.	127	00:02:18	00:38:17	212m	10'51"/km
12.	136	00:01:01	00:39:18	95m	10'42"/km
13.	131	00:02:52	00:42:10	317m	9'03"/km
14.	128	00:02:28	00:44:38	237m	10'24"/km
15.	129	00:01:36	00:46:14	185m	8'39"/km
16.	140	00:02:00	00:48:14	211m	9'29"/km
17.	142	00:06:52	00:55:06	489m	14'03"/km
18.	999	00:00:51	00:55:57	134m	6'21"/km

Orienteering Software