



Ijzeren Paal

26.1.2025

Omega

Lucien BOSMANS

hamok

Course : H:04

Distance : 4960m

Time : 0:58:04 (11'42"/km)

15/28

O.K.

[Full result on Webres](#)

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

1.	139	00:02:42		273m	9'53"/km
2.	143	00:03:37	00:06:19	257m	14'04"/km
3.	111	00:05:18	00:11:37	481m	11'01"/km
4.	147	00:03:34	00:15:11	315m	11'19"/km
5.	133	00:02:48	00:17:59	276m	10'09"/km
6.	114	00:06:43	00:24:42	207m	32'27"/km
7.	113	00:03:53	00:28:35	273m	14'13"/km
8.	123	00:02:42	00:31:17	281m	9'37"/km
9.	115	00:00:53	00:32:10	95m	9'18"/km
10.	144	00:06:33	00:38:43	584m	11'13"/km
11.	127	00:02:08	00:40:51	212m	10'04"/km
12.	136	00:01:08	00:41:59	95m	11'56"/km
13.	131	00:03:06	00:45:05	317m	9'47"/km
14.	128	00:02:31	00:47:36	237m	10'37"/km
15.	129	00:01:35	00:49:11	185m	8'34"/km
16.	140	00:02:15	00:51:26	211m	10'40"/km
17.	142	00:05:48	00:57:14	489m	11'52"/km
18.	999	00:00:50	00:58:04	134m	6'13"/km

Orienteering Software