



Ijzeren Paal

26.1.2025

Omega

Paul BOLSENS

TROL

Percorso : H:05

Distancia : 3980m

Tempo : 1:26:43 (21'47"/km)

26/28

O.K.

[Resultados completos em Webres](#)

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|-----------------------|---------|
| 1. Daniel WILLEMSSENS | 0:33:08 |
| 2. Andre AERTS | 0:35:01 |
| 3. Ferdinand GEBOERS | 0:35:38 |

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|-----|-----|----------|----------|------|-----------|
| 1. | 139 | 00:05:46 | | 273m | 21'07"/km |
| 2. | 112 | 00:07:51 | 00:13:37 | 401m | 19'35"/km |
| 3. | 141 | 00:02:28 | 00:16:05 | 168m | 14'41"/km |
| 4. | 129 | 00:04:30 | 00:20:35 | 312m | 14'25"/km |
| 5. | 128 | 00:03:36 | 00:24:11 | 185m | 19'28"/km |
| 6. | 127 | 00:07:10 | 00:31:21 | 501m | 14'18"/km |
| 7. | 136 | 00:01:44 | 00:33:05 | 95m | 18'15"/km |
| 8. | 126 | 00:07:52 | 00:40:57 | 226m | 34'48"/km |
| 9. | 131 | 00:05:32 | 00:46:29 | 295m | 18'45"/km |
| 10. | 138 | 00:06:42 | 00:53:11 | 337m | 19'53"/km |
| 11. | 140 | 00:22:12 | 01:15:23 | 451m | 49'13"/km |
| 12. | 132 | 00:02:12 | 01:17:35 | 143m | 15'23"/km |
| 13. | 142 | 00:07:32 | 01:25:07 | 417m | 18'04"/km |
| 14. | 999 | 00:01:36 | 01:26:43 | 134m | 11'56"/km |

HELGA

Orienteering Software