



Ijzeren Paal

Lommel 22.1.2023

Omega

Silke VAN ROOY

Antwerp Orienteers

Omloop : D:02

Afstand : 7050m

Tijd : 1:00:18 (8'33"/km)

3/7

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|---------------------|---------|
| 1. Anna SERRALLONGA | 0:52:14 |
| 2. Ems DE SMUL | 0:58:58 |

1.	133	00:02:31		354m	7'07"/km
2.	134	00:03:24	00:05:55	275m	12'22"/km
3.	135	00:01:35	00:07:30	158m	10'01"/km
4.	136	00:03:10	00:10:40	346m	9'09"/km
5.	137	00:02:13	00:12:53	335m	6'37"/km
6.	120	00:00:51	00:13:44	132m	6'26"/km
7.	138	00:04:36	00:18:20	668m	6'53"/km
8.	127	00:02:45	00:21:05	326m	8'26"/km
9.	126	00:02:18	00:23:23	184m	12'30"/km
10.	125	00:10:03	00:33:26	1335m	7'32"/km
11.	124	00:01:51	00:35:17	238m	7'46"/km
12.	128	00:07:24	00:42:41	716m	10'20"/km
13.	129	00:04:40	00:47:21	476m	9'48"/km
14.	130	00:00:41	00:48:02	101m	6'46"/km
15.	131	00:02:15	00:50:17	300m	7'30"/km
16.	132	00:05:06	00:55:23	386m	13'13"/km
17.	170	00:04:27	00:59:50	610m	7'18"/km
18.	999	00:00:28	01:00:18	106m	4'24"/km

Orienteering Software