



Ijzeren Paal

Lommel 22.1.2023

Omega

Anja POTVIN

K.O.L.

Omloop : D:04

Afstand : 3920m

Tijd : 1:04:23 (16'25"/km)

11/15

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|--------------------|---------|
| 1. Els PUT | 0:45:01 |
| 2. Kristel PALMANS | 0:46:10 |
| 3. Ideke VAN HOOF | 0:49:36 |

1.	133	00:06:52		354m	19'24"/km
2.	126	00:05:47	00:12:39	291m	19'52"/km
3.	148	00:09:26	00:22:05	592m	15'56"/km
4.	128	00:05:36	00:27:41	302m	18'33"/km
5.	149	00:05:09	00:32:50	274m	18'48"/km
6.	150	00:06:11	00:39:01	353m	17'31"/km
7.	151	00:05:52	00:44:53	347m	16'54"/km
8.	152	00:03:29	00:48:22	228m	15'17"/km
9.	131	00:03:32	00:51:54	224m	15'46"/km
10.	130	00:04:18	00:56:12	300m	14'20"/km
11.	153	00:02:44	00:58:56	201m	13'36"/km
12.	170	00:04:44	01:03:40	343m	13'48"/km
13.	999	00:00:43	01:04:23	106m	6'46"/km

HELGA

Orienteering Software