



Ijzeren Paal

Lommel 22.1.2023

Omega

Bob DE CLEENE

TROL

Omloop : H:03

Afstand : 5540m

Tijd : 0:44:57 (8'07"/km)

2/26

O.K.

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|------------------|---------|
| 1. Guy TIREZ | 0:44:22 |
| 3. Guido TIMMERS | 0:46:22 |

1.	139	00:02:20		359m	6'30"/km
2.	140	00:04:19	00:06:39	310m	13'55"/km
3.	137	00:02:18	00:08:57	403m	5'42"/km
4.	120	00:00:42	00:09:39	132m	5'18"/km
5.	141	00:02:08	00:11:47	369m	5'47"/km
6.	142	00:02:46	00:14:33	377m	7'20"/km
7.	126	00:01:48	00:16:21	174m	10'21"/km
8.	143	00:08:03	00:24:24	1011m	7'58"/km
9.	123	00:06:00	00:30:24	342m	17'33"/km
10.	128	00:03:12	00:33:36	315m	10'10"/km
11.	145	00:03:08	00:36:44	410m	7'39"/km
12.	146	00:00:55	00:37:39	139m	6'36"/km
13.	131	00:01:23	00:39:02	206m	6'43"/km
14.	147	00:01:48	00:40:50	297m	6'04"/km
15.	170	00:03:46	00:44:36	594m	6'20"/km
16.	999	00:00:21	00:44:57	106m	3'18"/km

Orienteering Software