



Ijzeren Paal

Lommel 22.1.2023

Omega

Guido TIMMERS

hamok

Omloop : H:03

Afstand : 5540m

Tijd : 0:46:22 (8'22"/km)

3/26

O.K.

[Volledige uitslagen op Webres](#)

- | | |
|------------------|---------|
| 1. Guy TIREZ | 0:44:22 |
| 2. Bob DE CLEENE | 0:44:57 |

1.	139	00:04:47		359m	13'19"/km
2.	140	00:02:21	00:07:08	310m	7'35"/km
3.	137	00:02:33	00:09:41	403m	6'20"/km
4.	120	00:00:45	00:10:26	132m	5'41"/km
5.	141	00:02:23	00:12:49	369m	6'28"/km
6.	142	00:02:49	00:15:38	377m	7'28"/km
7.	126	00:02:11	00:17:49	174m	12'33"/km
8.	143	00:07:10	00:24:59	1011m	7'05"/km
9.	123	00:04:16	00:29:15	342m	12'29"/km
10.	128	00:02:51	00:32:06	315m	9'03"/km
11.	145	00:04:42	00:36:48	410m	11'28"/km
12.	146	00:01:05	00:37:53	139m	7'48"/km
13.	131	00:01:29	00:39:22	206m	7'12"/km
14.	147	00:02:15	00:41:37	297m	7'35"/km
15.	170	00:04:15	00:45:52	594m	7'09"/km
16.	999	00:00:30	00:46:22	106m	4'43"/km

Orienteering Software