



Ijzeren Paal

Lommel 22.1.2023

Omega

Paul CORTHOUTS

K.O.L.

Omloop : H:03

Afstand : 5540m

Tijd : 1:25:42 (15'28"/km)

24/26

O.K.

[Volledige uitslagen op Webres](#)

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|------------------|---------|
| 1. Guy TIREZ | 0:44:22 |
| 2. Bob DE CLEENE | 0:44:57 |
| 3. Guido TIMMERS | 0:46:22 |

1.	139	00:04:35		359m	12'46"/km
2.	140	00:04:37	00:09:12	310m	14'54"/km
3.	137	00:04:15	00:13:27	403m	10'33"/km
4.	120	00:01:19	00:14:46	132m	9'58"/km
5.	141	00:09:10	00:23:56	369m	24'51"/km
6.	142	00:05:19	00:29:15	377m	14'06"/km
7.	126	00:03:59	00:33:14	174m	22'54"/km
8.	143	00:12:58	00:46:12	1011m	12'50"/km
9.	123	00:06:52	00:53:04	342m	20'05"/km
10.	128	00:05:42	00:58:46	315m	18'06"/km
11.	145	00:08:14	01:07:00	410m	20'05"/km
12.	146	00:02:20	01:09:20	139m	16'47"/km
13.	131	00:03:35	01:12:55	206m	17'24"/km
14.	147	00:03:53	01:16:48	297m	13'05"/km
15.	170	00:07:57	01:24:45	594m	13'23"/km
16.	999	00:00:57	01:25:42	106m	8'58"/km

Orienteering Software