



Nationale Middel - De Lieteberg

Zutendaal 23.2.2025

Omega

Sonja ROSIUS

Omega

Course : D40

Distance : 4710m

Time : 1:02:52 (13'21"/km)

5/6

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Lieke VAN OPSTAL | 0:42:25 |
| 2. Sofie HERREMANS | 0:43:54 |
| 3. Marieke ADDIERS | 0:45:12 |

1.	142	00:06:09		649m	9'29"/km
2.	169	00:05:36	00:11:45	131m	42'45"/km
3.	163	00:02:42	00:14:27	290m	9'19"/km
4.	164	00:05:50	00:20:17	268m	21'46"/km
5.	158	00:02:57	00:23:14	361m	8'10"/km
6.	148	00:03:00	00:26:14	327m	9'10"/km
7.	149	00:03:07	00:29:21	196m	15'54"/km
8.	141	00:03:42	00:33:03	297m	12'27"/km
9.	162	00:04:50	00:37:53	468m	10'20"/km
10.	143	00:04:30	00:42:23	308m	14'37"/km
11.	179	00:07:59	00:50:22	589m	13'33"/km
12.	170	00:02:50	00:53:12	181m	15'39"/km
13.	185	00:06:55	01:00:07	139m	49'46"/km
14.	165	00:02:15	01:02:22	267m	8'26"/km
15.	999	00:00:30	01:02:52	104m	4'48"/km

HELGA
Orienteering Software