



# Nationale Middel - De Lieteberg

Zutendaal 23.2.2025

Omega

**Ivo TIMMERMANS**

K.O.L.

Percorso : H75

Distancia : 2940m

Tempo : 0:30:32 (10'23"/km)

**2/12**

O.K.

[Resultados completos em Webres](#)

- |                     |         |
|---------------------|---------|
| 1. Freddy SILLIEN   | 0:28:23 |
| 3. Mike IN 'T GROEN | 0:33:57 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 133 | 00:04:35 |          | 492m | 9'19"/km  |
| 2.  | 169 | 00:03:27 | 00:08:02 | 270m | 12'47"/km |
| 3.  | 157 | 00:01:17 | 00:09:19 | 108m | 11'53"/km |
| 4.  | 159 | 00:02:14 | 00:11:33 | 197m | 11'20"/km |
| 5.  | 147 | 00:01:38 | 00:13:11 | 186m | 8'47"/km  |
| 6.  | 181 | 00:01:29 | 00:14:40 | 123m | 12'04"/km |
| 7.  | 132 | 00:01:02 | 00:15:42 | 88m  | 11'45"/km |
| 8.  | 131 | 00:01:16 | 00:16:58 | 134m | 9'27"/km  |
| 9.  | 158 | 00:02:06 | 00:19:04 | 147m | 14'17"/km |
| 10. | 141 | 00:02:09 | 00:21:13 | 131m | 16'25"/km |
| 11. | 179 | 00:03:01 | 00:24:14 | 261m | 11'33"/km |
| 12. | 170 | 00:01:59 | 00:26:13 | 181m | 10'57"/km |
| 13. | 145 | 00:01:34 | 00:27:47 | 152m | 10'18"/km |
| 14. | 165 | 00:02:16 | 00:30:03 | 231m | 9'49"/km  |
| 15. | 999 | 00:00:29 | 00:30:32 | 104m | 4'39"/km  |

HELGA Orienteering Software