



Championnat FRSO Middle-Meisterschaft

Emmels-Dickvenn 6.4.2025

O.L.G. St. Vith ARDOC

Jan BOUWMAN

Hansa Simmerath

Circuit : H. Masters B

Distance : 4250m (Dénivelé 55m)

Temps : 1:05:54 (15'30"/km)

26/32

O.K.

[Résultats complets sur Webres](#)

- | | |
|--------------------|---------|
| 1. Guido LENGES | 0:24:45 |
| 2. Nicolas SILLIEN | 0:26:32 |
| 3. Noël NIJSTEN | 0:28:42 |

1.	120	00:06:43		402m	16'42"/km
2.	97	00:01:37	00:08:20	167m	9'41"/km
3.	152	00:08:58	00:17:18	274m	32'44"/km
4.	95	00:01:50	00:19:08	148m	12'23"/km
5.	150	00:03:30	00:22:38	301m	11'38"/km
6.	147	00:03:11	00:25:49	348m	9'09"/km
7.	122	00:01:14	00:27:03	91m	13'33"/km
8.	105	00:03:23	00:30:26	246m	13'45"/km
9.	133	00:04:28	00:34:54	296m	15'05"/km
10.	145	00:04:51	00:39:45	386m	12'34"/km
11.	143	00:02:14	00:41:59	141m	15'50"/km
12.	146	00:03:04	00:45:03	281m	10'55"/km
13.	138	00:08:17	00:53:20	328m	25'15"/km
14.	140	00:02:17	00:55:37	117m	19'31"/km
15.	128	00:03:34	00:59:11	252m	14'09"/km
16.	144	00:04:11	01:03:22	162m	25'49"/km
17.	165	00:01:55	01:05:17	173m	11'05"/km
18.	999	00:00:37	01:05:54	115m	5'22"/km

Orienteering Software