



Sprinttraining
Malmedy 20.12.2015
O.L.G. St. Vith ARDOC

Freddy SCHWALL

N.S.V. Amel

Course : Lang

Distance : 3000m (Climbing 65m)

Time : 0:32:55 (10'58"/km)

5/20

O.K.

[Full result on Webres](#)

- | | |
|---------------------|---------|
| 1. Michel SEPULCHRE | 0:25:57 |
| 2. Michael HOCK | 0:26:09 |
| 3. Stephan HANS | 0:28:16 |

HELGA



Orienteering Software