



# Training Hansenbusch

## Hansenbusch 23.3.2024

### O.L.G. St. Vith ARDOC

**Werner HOFFMANN**

O.L.G. St. Vith ARDOC

Course : H:Schwarz kurz

Distance : 4100m (Climbing 90m)

Time : 0:45:39 (11'08"/km)

2/5

O.K.

[Full result on Webres](#)

1. Karl SCHWALL
3. Nico KOHNEN

0:38:36  
1:04:06

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 233 | 00:06:18 |          | 922m | 6'50"/km  |
| 2.  | 234 | 00:01:48 | 00:08:06 | 191m | 9'25"/km  |
| 3.  | 226 | 00:08:07 | 00:16:13 | 209m | 38'50"/km |
| 4.  | 232 | 00:07:10 | 00:23:23 | 746m | 9'36"/km  |
| 5.  | 222 | 00:02:16 | 00:25:39 | 154m | 14'43"/km |
| 6.  | 225 | 00:05:17 | 00:30:56 | 457m | 11'34"/km |
| 7.  | 239 | 00:02:16 | 00:33:12 | 197m | 11'30"/km |
| 8.  | 231 | 00:02:56 | 00:36:08 | 256m | 11'27"/km |
| 9.  | 238 | 00:00:55 | 00:37:03 | 116m | 7'54"/km  |
| 10. | 221 | 00:01:16 | 00:38:19 | 118m | 10'44"/km |
| 11. | 230 | 00:03:26 | 00:41:45 | 307m | 11'11"/km |
| 12. | 242 | 00:02:56 | 00:44:41 | 301m | 9'45"/km  |
| 13. | 120 | 00:00:58 | 00:45:39 | 133m | 7'16"/km  |

HELGA

Orienteering Software