



Friskis Boostcamp 2013 / ARDOC Training
Worriken 17.11.2013
O.L.G. St. Vith ARDOC

Karl-Heinz KADNER

Friskis & Svettis

Course : Short Easy

Distance : 2900m (Climbing 50m)

Time : 0:46:37 (16'04"/km)

4/16

O.K.

[Full result on Webres](#)

- | | |
|--------------------|---------|
| 1. Thomas ARNOLD | 0:32:07 |
| 2. Philippe ARETS | 0:32:20 |
| 3. Joeri SPITAEELS | 0:33:31 |

HELGA



Orienteering Software