



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

**Ed JANSSENS**

O.L.V. Eifel

Course : Lang

Distance : 3000m (Climbing 65m)

Time : 0:37:48 (12'35"/km)

**12/20**

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