



Training am Wegweiser Emmels-Recht 2.4.2023 O.L.G. St. Vith ARDOC

Michael HOCK

O.L.G. St. Vith ARDOC

Strecke : Bahn A

Länge : 6500m (Steigung 70m)

Zeit : 0:55:00 (8'28"/km)

3/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|-----------------|---------|
| 1. Guido LENGES | 0:43:25 |
| 2. Karl SCHWALL | 0:54:39 |

1.	107	00:04:04		536m	7'35"/km
2.	108	00:04:53	00:08:57	405m	12'03"/km
3.	109	00:03:06	00:12:03	340m	9'07"/km
4.	110	00:02:59	00:15:02	393m	7'35"/km
5.	111	00:03:12	00:18:14	436m	7'20"/km
6.	112	00:02:56	00:21:10	418m	7'01"/km
7.	113	00:03:13	00:24:23	392m	8'12"/km
8.	114	00:04:00	00:28:23	471m	8'30"/km
9.	115	00:03:35	00:31:58	354m	10'07"/km
10.	116	00:05:35	00:37:33	727m	7'41"/km
11.	117	00:04:30	00:42:03	414m	10'52"/km
12.	118	00:04:36	00:46:39	460m	10'00"/km
13.	102	00:02:03	00:48:42	253m	8'06"/km
14.	105	00:02:15	00:50:57	243m	9'16"/km
15.	220	00:01:39	00:52:36	248m	6'39"/km
16.	120	00:02:24	00:55:00	371m	6'28"/km

Orienteering Software