



Training Plattscheid Worriken 30.3.2024 OLV Eifel

Elisabeth VLIEGEN

OLV Eifel

Course : D:Schwarz kurz

Distance : 3800m

Time : 1:06:35 (17'31"/km)

2/2

O.K.

[Full result on Webres](#)

1. Gisela HENNES

1:01:21

1.	229	00:02:25		166m	14'33"/km
2.	226	00:04:28	00:06:53	279m	16'01"/km
3.	103	00:06:06	00:12:59	195m	31'17"/km
4.	222	00:05:41	00:18:40	344m	16'31"/km
5.	106	00:01:42	00:20:22	97m	17'32"/km
6.	225	00:03:31	00:23:53	322m	10'55"/km
7.	107	00:08:30	00:32:23	636m	13'22"/km
8.	104	00:01:42	00:34:05	139m	12'14"/km
9.	227	00:06:47	00:40:52	376m	18'02"/km
10.	108	00:04:03	00:44:55	124m	32'40"/km
11.	232	00:03:17	00:48:12	217m	15'08"/km
12.	230	00:02:20	00:50:32	192m	12'09"/km
13.	110	00:02:36	00:53:08	186m	13'59"/km
14.	111	00:04:55	00:58:03	179m	27'28"/km
15.	224	00:04:36	01:02:39	115m	40'00"/km
16.	105	00:02:28	01:05:07	174m	14'11"/km
17.	120	00:01:28	01:06:35	107m	13'42"/km

Orienteering Software