



Training Plattscheid Worriken 30.3.2024 OLV Eifel

Stephan HANS

O.L.G. St. Vith ARDOC

Course : H:Schwarz lang

Distance : 6800m

Time : 0:53:07 (7'49"/km)

4/9

O.K.

[Full result on Webres](#)

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|--------------------|---------|
| 1. Thorsten LANGER | 0:41:35 |
| 2. François HANZEN | 0:48:33 |
| 3. Jérémy BREDO | 0:49:09 |

1.	105	00:00:58		121m	7'59"/km
2.	110	00:03:25	00:04:23	392m	8'43"/km
3.	230	00:01:08	00:05:31	186m	6'06"/km
4.	232	00:01:38	00:07:09	192m	8'30"/km
5.	107	00:03:22	00:10:31	428m	7'52"/km
6.	229	00:04:12	00:14:43	445m	9'26"/km
7.	225	00:02:00	00:16:43	227m	8'49"/km
8.	226	00:02:52	00:19:35	324m	8'51"/km
9.	113	00:02:01	00:21:36	210m	9'36"/km
10.	222	00:02:08	00:23:44	272m	7'51"/km
11.	106	00:01:13	00:24:57	97m	12'33"/km
12.	224	00:07:53	00:32:50	957m	8'14"/km
13.	227	00:03:31	00:36:21	540m	6'31"/km
14.	108	00:01:15	00:37:36	124m	10'05"/km
15.	228	00:04:35	00:42:11	608m	7'32"/km
16.	109	00:02:01	00:44:12	136m	14'50"/km
17.	112	00:03:54	00:48:06	544m	7'10"/km
18.	231	00:02:21	00:50:27	440m	5'20"/km
19.	120	00:02:40	00:53:07	430m	6'12"/km

Orienteering Software