

Heaven training

Godbrange 20.4.2024

Luxembourg Orienteering Club

Jevgenijs SPROGE

Luxembourg Orienteering Club

Course : Deer

Distance : 4300m (Climbing 170m)

Time : 0:47:14,996 (10'59"/km)

1/13

O.K.

[Full result on Webres](#)

2. Max MULLER

0:51:26,269

3. Dirk HARTMANN

1:00:37,808

1.	132	00:04:42		508m	9'15"/km
2.	133	00:00:57	00:05:39	108m	8'48"/km
3.	134	00:01:51	00:07:30	174m	10'38"/km
4.	135	00:02:11	00:09:41	206m	10'36"/km
5.	137	00:01:36	00:11:17	154m	10'23"/km
6.	139	00:03:01	00:14:18	241m	12'31"/km
7.	149	00:03:06	00:17:24	328m	9'27"/km
8.	147	00:02:21	00:19:45	201m	11'41"/km
9.	144	00:02:33	00:22:18	147m	17'21"/km
10.	141	00:03:00	00:25:18	291m	10'19"/km
11.	140	00:02:31	00:27:49	192m	13'06"/km
12.	142	00:03:14	00:31:03	207m	15'37"/km
13.	146	00:01:28	00:32:31	142m	10'20"/km
14.	148	00:01:45	00:34:16	141m	12'25"/km
15.	136	00:07:01	00:41:17	420m	16'42"/km
16.	151	00:02:27	00:43:44	243m	10'05"/km
17.	153	00:01:29	00:45:13	165m	8'59"/km
18.	999	00:02:01	00:47:14	388m	5'12"/km

Orienteering Software