

Heaven training

Godbrange 20.4.2024

Luxembourg Orienteering Club

Oleksandr RYBAKOV

Luxembourg Orienteering Club

Course : Deer

Distance : 4300m (Climbing 170m)

Time : 1:07:26,808 (15'41"/km)

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O.K.

[Full result on Webres](#)

1. Jevgenijs SPROGE	0:47:14,996
2. Max MULLER	0:51:26,269
3. Dirk HARTMANN	1:00:37,808

1.	132	00:06:58		508m	13'43"/km
2.	133	00:01:05	00:08:03	108m	10'02"/km
3.	134	00:02:14	00:10:17	174m	12'50"/km
4.	135	00:02:13	00:12:30	206m	10'46"/km
5.	137	00:01:50	00:14:20	154m	11'54"/km
6.	139	00:03:28	00:17:48	241m	14'23"/km
7.	149	00:04:28	00:22:16	328m	13'37"/km
8.	147	00:03:26	00:25:42	201m	17'05"/km
9.	144	00:04:39	00:30:21	147m	31'38"/km
10.	141	00:04:54	00:35:15	291m	16'50"/km
11.	140	00:02:57	00:38:12	192m	15'22"/km
12.	142	00:04:33	00:42:45	207m	21'59"/km
13.	146	00:02:26	00:45:11	142m	17'08"/km
14.	148	00:05:20	00:50:31	141m	37'50"/km
15.	136	00:07:17	00:57:48	420m	17'20"/km
16.	151	00:04:49	01:02:37	243m	19'49"/km
17.	153	00:02:16	01:04:53	165m	13'44"/km
18.	999	00:02:33	01:07:26	388m	6'34"/km

Orienteering Software