



Training Sprint

Sankt Vith 4.5.2024

O.L.G. St. Vith ARDOC

Stephan HANS

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Course : H:01

Distance : 3470m (Climbing 95m)

Time : 0:22:20 (6'26"/km)

3/16

O.K.

[Full result on Webres](#)

1. Guido LENGES
2. Noah BACKES

0:20:22
0:21:47

1.	101	00:00:56		121m	7'43"/km
2.	102	00:00:10	00:01:06	32m	5'12"/km
3.	103	00:00:49	00:01:55	129m	6'20"/km
4.	104	00:00:45	00:02:40	98m	7'39"/km
5.	105	00:00:36	00:03:16	53m	11'19"/km
6.	225	00:00:15	00:03:31	34m	7'21"/km
7.	107	00:00:19	00:03:50	43m	7'22"/km
8.	108	00:00:47	00:04:37	96m	8'10"/km
9.	109	00:00:38	00:05:15	45m	14'04"/km
10.	221	00:00:23	00:05:38		
11.	112	00:00:14	00:05:52		
12.	110	00:00:57	00:06:49	136m	6'59"/km
13.	111	00:01:23	00:08:12	135m	10'15"/km
14.	113	00:01:37	00:09:49	186m	8'42"/km
15.	106	00:01:17	00:11:06	199m	6'27"/km
16.	114	00:01:28	00:12:34	100m	14'40"/km
17.	115	00:00:13	00:12:47	32m	6'46"/km
18.	116	00:00:56	00:13:43	114m	8'11"/km
19.	117	00:01:22	00:15:05	189m	7'14"/km
20.	118	00:01:04	00:16:09	102m	10'27"/km
21.	220	00:00:36	00:16:45	66m	9'05"/km
22.	221	00:01:08	00:17:53	83m	13'39"/km
23.	222	00:00:19	00:18:12	46m	6'53"/km
24.	223	00:00:52	00:19:04	67m	12'56"/km
25.	227	00:00:47	00:19:51	74m	10'35"/km
26.	224	00:01:11	00:21:02	118m	10'02"/km
27.	226	00:00:33	00:21:35	94m	5'51"/km
28.	110	00:00:17	00:21:52	40m	7'05"/km
29.	120	00:00:28	00:22:20	57m	8'11"/km

Orienteering Software