



Training Sprint

Sankt Vith 4.5.2024

O.L.G. St. Vith ARDOC

Jürgen LOO

O.L.G. St. Vith ARDOC

Circuit : H:01

Distance : 3470m (Dénivelé 95m)

Temps : 0:22:35 (6'30"/km)

4/16

O.K.

[Résultats complets sur Webres](#)

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|-----------------|---------|
| 1. Guido LENGES | 0:20:22 |
| 2. Noah BACKES | 0:21:47 |
| 3. Stephan HANS | 0:22:20 |

1.	101	00:00:56		121m	7'43"/km
2.	102	00:00:13	00:01:09	32m	6'46"/km
3.	103	00:00:48	00:01:57	129m	6'12"/km
4.	104	00:00:42	00:02:39	98m	7'09"/km
5.	105	00:00:38	00:03:17	53m	11'57"/km
6.	225	00:00:14	00:03:31	34m	6'52"/km
7.	107	00:00:21	00:03:52	43m	8'08"/km
8.	108	00:00:54	00:04:46	96m	9'23"/km
9.	109	00:00:26	00:05:12	45m	9'38"/km
10.	112	00:00:21	00:05:33	59m	5'56"/km
11.	110	00:00:59	00:06:32	136m	7'14"/km
12.	111	00:01:31	00:08:03	135m	11'14"/km
13.	113	00:01:46	00:09:49	186m	9'30"/km
14.	106	00:01:17	00:11:06	199m	6'27"/km
15.	114	00:00:52	00:11:58	100m	8'40"/km
16.	115	00:00:13	00:12:11	32m	6'46"/km
17.	116	00:01:00	00:13:11	114m	8'46"/km
18.	117	00:01:27	00:14:38	189m	7'40"/km
19.	118	00:01:04	00:15:42	102m	10'27"/km
20.	220	00:00:32	00:16:14	66m	8'05"/km
21.	221	00:00:55	00:17:09	83m	11'03"/km
22.	222	00:00:19	00:17:28	46m	6'53"/km
23.	223	00:00:44	00:18:12	67m	10'57"/km
24.	227	00:00:55	00:19:07	74m	12'23"/km
25.	224	00:02:21	00:21:28	118m	19'55"/km
26.	226	00:00:33	00:22:01	94m	5'51"/km
27.	110	00:00:15	00:22:16	40m	6'15"/km
28.	120	00:00:19	00:22:35	57m	5'33"/km

Orienteering Software