



Training Sprint Sankt Vith 4.5.2024 O.L.G. St. Vith ARDOC

Michel SEPULCHRE

O.L.G. St. Vith ARDOC

Circuit : H:01

Distance : 3470m (Dénivelé 95m)

Temps : 0:25:32 (7'21"/km)

6/16

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	00:01:09		121m	9'30"/km
2.	102	00:00:12	00:01:21	32m	6'15"/km
3.	103	00:00:56	00:02:17	129m	7'14"/km
4.	104	00:00:48	00:03:05	98m	8'10"/km
5.	105	00:01:27	00:04:32	53m	27'22"/km
6.	225	00:00:12	00:04:44	34m	5'53"/km
7.	107	00:00:23	00:05:07	43m	8'55"/km
8.	108	00:01:11	00:06:18	96m	12'20"/km
9.	109	00:00:24	00:06:42	45m	8'53"/km
10.	112	00:00:21	00:07:03	59m	5'56"/km
11.	110	00:01:11	00:08:14	136m	8'42"/km
12.	111	00:02:06	00:10:20	135m	15'33"/km
13.	113	00:01:43	00:12:03	186m	9'14"/km
14.	106	00:01:26	00:13:29	199m	7'12"/km
15.	114	00:01:12	00:14:41	100m	12'00"/km
16.	115	00:00:21	00:15:02	32m	10'56"/km
17.	116	00:01:06	00:16:08	114m	9'39"/km
18.	117	00:01:26	00:17:34	189m	7'35"/km
19.	118	00:01:02	00:18:36	102m	10'08"/km
20.	220	00:00:37	00:19:13	66m	9'21"/km
21.	221	00:01:12	00:20:25	83m	14'27"/km
22.	222	00:00:20	00:20:45	46m	7'15"/km
23.	223	00:00:55	00:21:40	67m	13'41"/km
24.	227	00:01:02	00:22:42	74m	13'58"/km
25.	224	00:01:32	00:24:14	118m	13'00"/km
26.	226	00:00:40	00:24:54	94m	7'06"/km
27.	110	00:00:16	00:25:10	40m	6'40"/km
28.	120	00:00:22	00:25:32	57m	6'26"/km

Orienteering Software