



Training Sprint

Sankt Vith 4.5.2024

O.L.G. St. Vith ARDOC

Michael HOCK

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Circuit : H:01

Distance : 3470m (Dénivelé 95m)

Temps : 0:26:09 (7'32"/km)

7/16

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	00:00:59		121m	8'08"/km
2.	102	00:00:14	00:01:13	32m	7'18"/km
3.	103	00:00:55	00:02:08	129m	7'06"/km
4.	104	00:00:49	00:02:57	98m	8'20"/km
5.	105	00:00:53	00:03:50	53m	16'40"/km
6.	225	00:00:15	00:04:05	34m	7'21"/km
7.	107	00:00:27	00:04:32	43m	10'28"/km
8.	108	00:01:52	00:06:24	96m	19'27"/km
9.	109	00:00:34	00:06:58	45m	12'36"/km
10.	112	00:00:25	00:07:23	59m	7'04"/km
11.	110	00:01:07	00:08:30	136m	8'13"/km
12.	111	00:01:43	00:10:13	135m	12'43"/km
13.	113	00:01:58	00:12:11	186m	10'34"/km
14.	106	00:01:31	00:13:42	199m	7'37"/km
15.	114	00:01:14	00:14:56	100m	12'20"/km
16.	115	00:00:15	00:15:11	32m	7'49"/km
17.	116	00:01:05	00:16:16	114m	9'30"/km
18.	117	00:01:43	00:17:59	189m	9'05"/km
19.	118	00:01:07	00:19:06	102m	10'57"/km
20.	220	00:00:35	00:19:41	66m	8'50"/km
21.	221	00:01:08	00:20:49	83m	13'39"/km
22.	222	00:00:23	00:21:12	46m	8'20"/km
23.	223	00:00:50	00:22:02	67m	12'26"/km
24.	227	00:01:02	00:23:04	74m	13'58"/km
25.	224	00:01:36	00:24:40	118m	13'34"/km
26.	226	00:00:43	00:25:23	94m	7'37"/km
27.	110	00:00:20	00:25:43	40m	8'20"/km
28.	120	00:00:26	00:26:09	57m	7'36"/km

Orienteering Software