



Double Sprint - Raeren

Raeren 28.9.2024

OLV Eifel

Michael HEINFELDNER

Hansa Simmerath

Strecke : H:Long Middle

Länge : 11000m (Steigung 120m)

Zeit : 1:27:00 (7'55"/km)

6/16

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Guido LENGES	1:05:07
2. Patrick MENGAL	1:15:51
3. Lennard GHEYSELS	1:16:54

1.	185	00:05:17		481m	10'59"/km
2.	169	00:06:00	00:11:17	682m	8'48"/km
3.	209	00:03:01	00:14:18	442m	6'50"/km
4.	207	00:00:43	00:15:01	105m	6'50"/km
5.	166	00:03:02	00:18:03	413m	7'21"/km
6.	208	00:01:18	00:19:21	109m	11'56"/km
7.	167	00:02:56	00:22:17	281m	10'26"/km
8.	168	00:02:19	00:24:36	186m	12'27"/km
9.	174	00:03:43	00:28:19	320m	11'37"/km
10.	172	00:02:59	00:31:18	281m	10'37"/km
11.	173	00:01:55	00:33:13	225m	8'31"/km
12.	171	00:01:33	00:34:46	229m	6'46"/km
13.	210	00:02:07	00:36:53	279m	7'35"/km
14.	183	00:03:41	00:40:34	404m	9'07"/km
15.	178	00:02:02	00:42:36	247m	8'14"/km
16.	179	00:00:42	00:43:18	102m	6'52"/km
17.	180	00:00:42	00:44:00	87m	8'03"/km
18.	70	00:00:14	00:44:14	37m	6'18"/km
19.	71	00:00:00	00:44:14	16m	0'00"/km
20.	226	00:01:07	00:45:21	86m	12'59"/km
21.	228	00:03:29	00:48:50	296m	11'46"/km
22.	212	00:02:07	00:50:57	171m	12'23"/km
23.	211	00:00:21	00:51:18	56m	6'15"/km
24.	192	00:02:37	00:53:55	375m	6'59"/km
25.	206	00:00:49	00:54:44	44m	18'34"/km
26.	177	00:04:07	00:58:51	269m	15'18"/km
27.	191	00:02:59	01:01:50	356m	8'23"/km
28.	186	00:02:28	01:04:18	246m	10'02"/km
29.	187	00:01:24	01:05:42	178m	7'52"/km
30.	188	00:00:26	01:06:08	63m	6'53"/km
31.	221	00:00:19	01:06:27	49m	6'28"/km
32.	222	00:00:26	01:06:53	63m	6'53"/km
33.	189	00:01:19	01:08:12	65m	20'15"/km
34.	190	00:01:20	01:09:32	57m	23'24"/km
35.	223	00:01:04	01:10:36	115m	9'17"/km
36.	224	00:01:01	01:11:37	114m	8'55"/km



37.	199	00:06:47	01:18:24	369m	18'23"/km
38.	202	00:04:22	01:22:46	540m	8'05"/km
39.	203	00:00:40	01:23:26	109m	6'07"/km
40.	204	00:01:10	01:24:36	156m	7'29"/km
41.	220	00:01:34	01:26:10	212m	7'23"/km
42.	999	00:00:50	01:27:00	88m	9'28"/km

HELGA



Orienteering Software