



Training

Skihütte Rodt 12.10.2024

O.L.G. St. Vith ARDOC

Roland GILSON

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Strecke : H:01

Länge : 6290m (Steigung 70m)

Zeit : 1:17:56 (12'23"/km)

13/17

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|------------------|---------|
| 1. Guido LENGES | 0:42:24 |
| 2. Robert THEISS | 0:45:18 |
| 3. Jérémy BREDO | 0:46:10 |

1.	201	00:01:10		118m	9'53"/km
2.	212	00:05:56	00:07:06	593m	10'00"/km
3.	211	00:03:23	00:10:29	114m	29'41"/km
4.	206	00:06:08	00:16:37	664m	9'14"/km
5.	205	00:04:21	00:20:58	324m	13'26"/km
6.	204	00:02:58	00:23:56	242m	12'16"/km
7.	208	00:07:06	00:31:02	700m	10'09"/km
8.	209	00:02:48	00:33:50	249m	11'15"/km
9.	210	00:02:00	00:35:50	229m	8'44"/km
10.	219	00:10:43	00:46:33	761m	14'05"/km
11.	218	00:02:24	00:48:57	136m	17'39"/km
12.	220	00:02:42	00:51:39	237m	11'24"/km
13.	221	00:02:02	00:53:41	168m	12'06"/km
14.	217	00:03:16	00:56:57	251m	13'01"/km
15.	223	00:04:49	01:01:46	408m	11'48"/km
16.	225	00:03:56	01:05:42	292m	13'28"/km
17.	216	00:05:58	01:11:40	300m	19'53"/km
18.	214	00:04:24	01:16:04	315m	13'58"/km
19.	999	00:01:52	01:17:56	187m	9'59"/km

Orienteering Software