



Training

Skihütte Rodt 12.10.2024

O.L.G. St. Vith ARDOC

Michel BASTIN

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Course : H:01

Distance : 6290m (Climbing 70m)

Time : 0:39:20 (6'15"/km)

--/17

O.K.

[Full result on Webres](#)

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

1.	201	00:00:41		118m	5'47"/km
2.	212	00:03:11	00:03:52	593m	5'22"/km
3.	211	00:00:54	00:04:46	114m	7'54"/km
4.	206	00:03:39	00:08:25	664m	5'30"/km
5.	205	00:01:59	00:10:24	324m	6'07"/km
6.	204	00:01:34	00:11:58	242m	6'28"/km
7.	208	00:03:51	00:15:49	700m	5'30"/km
8.	209	00:01:17	00:17:06	249m	5'09"/km
9.	210	00:01:08	00:18:14	229m	4'57"/km
10.	219	00:05:05	00:23:19	761m	6'41"/km
11.	218	00:01:24	00:24:43	136m	10'18"/km
12.	220	00:01:19	00:26:02	237m	5'33"/km
13.	221	00:00:58	00:27:00	168m	5'45"/km
14.	217	00:01:46	00:28:46	251m	7'02"/km
15.	223	00:02:38	00:31:24	408m	6'27"/km
16.	225	00:02:02	00:33:26	292m	6'58"/km
17.	216	00:02:25	00:35:51	300m	8'03"/km
18.	214	00:02:22	00:38:13	315m	7'31"/km
19.	999	00:01:07	00:39:20	187m	5'58"/km

Orienteering Software