



Training

Skihütte Rodt 12.10.2024

O.L.G. St. Vith ARDOC

Michael HOCK

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Circuit : H:02

Distance : 4230m (Dénivelé 55m)

Temps : 0:39:15 (9'17"/km)

2/10

O.K.

[Résultats complets sur Webres](#)

- | | |
|----------------|---------|
| 1. Luca LENGES | 0:37:29 |
| 3. Jean BREDO | 0:49:48 |

1.	201	00:00:55		118m	7'46"/km
2.	212	00:04:19	00:05:14	593m	7'17"/km
3.	211	00:01:10	00:06:24	114m	10'14"/km
4.	208	00:04:19	00:10:43	534m	8'05"/km
5.	207	00:00:57	00:11:40	85m	11'11"/km
6.	209	00:02:20	00:14:00	286m	8'10"/km
7.	210	00:01:34	00:15:34	229m	6'50"/km
8.	219	00:07:50	00:23:24	761m	10'18"/km
9.	218	00:01:56	00:25:20	136m	14'13"/km
10.	220	00:01:48	00:27:08	237m	7'36"/km
11.	221	00:01:18	00:28:26	168m	7'44"/km
12.	217	00:02:37	00:31:03	251m	10'25"/km
13.	216	00:03:35	00:34:38	218m	16'26"/km
14.	214	00:03:09	00:37:47	315m	10'00"/km
15.	999	00:01:28	00:39:15	187m	7'51"/km

Orienteering Software