



# Training

## Skihütte Rodt 12.10.2024

### O.L.G. St. Vith ARDOC

**Colin VENDRIX**

O.L.G. St. Vith ARDOC

Course : H:02

Distance : 4230m (Climbing 55m)

Time : 0:52:53 (12'30"/km)

**7/10**

O.K.

[Full result on Webres](#)

- |                 |         |
|-----------------|---------|
| 1. Luca LENGES  | 0:37:29 |
| 2. Michael HOCK | 0:39:15 |
| 3. Jean BREDO   | 0:49:48 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 201 | 00:00:52 |          | 118m | 7'21"/km  |
| 2.  | 212 | 00:04:51 | 00:05:43 | 593m | 8'11"/km  |
| 3.  | 211 | 00:01:22 | 00:07:05 | 114m | 11'59"/km |
| 4.  | 208 | 00:05:22 | 00:12:27 | 534m | 10'03"/km |
| 5.  | 207 | 00:00:45 | 00:13:12 | 85m  | 8'49"/km  |
| 6.  | 209 | 00:02:41 | 00:15:53 | 286m | 9'23"/km  |
| 7.  | 210 | 00:01:37 | 00:17:30 | 229m | 7'04"/km  |
| 8.  | 219 | 00:08:07 | 00:25:37 | 761m | 10'40"/km |
| 9.  | 218 | 00:02:05 | 00:27:42 | 136m | 15'19"/km |
| 10. | 220 | 00:01:51 | 00:29:33 | 237m | 7'48"/km  |
| 11. | 221 | 00:01:16 | 00:30:49 | 168m | 7'32"/km  |
| 12. | 217 | 00:02:09 | 00:32:58 | 251m | 8'34"/km  |
| 13. | 223 | 00:03:31 | 00:36:29 | 408m | 8'37"/km  |
| 14. | 216 | 00:10:42 | 00:47:11 |      |           |
| 15. | 214 | 00:04:25 | 00:51:36 | 315m | 14'01"/km |
| 16. | 999 | 00:01:17 | 00:52:53 | 187m | 6'52"/km  |

Orienteering Software