



# Training

## Skihütte Rodt 12.10.2024

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

#### Bernard VENDRIX

O.L.G. St. Vith ARDOC

Strecke : H:02

Länge : 4230m (Steigung 55m)

Zeit : 0:53:11 (12'34"/km)

8/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	201	00:01:34		118m	13'17"/km
2.	212	00:05:39	00:07:13	593m	9'32"/km
3.	211	00:02:49	00:10:02	114m	24'42"/km
4.	208	00:06:13	00:16:15	534m	11'39"/km
5.	207	00:00:52	00:17:07	85m	10'12"/km
6.	209	00:05:49	00:22:56	286m	20'20"/km
7.	210	00:01:44	00:24:40	229m	7'34"/km
8.	219	00:09:25	00:34:05	761m	12'22"/km
9.	218	00:02:00	00:36:05	136m	14'42"/km
10.	220	00:02:06	00:38:11	237m	8'52"/km
11.	221	00:01:17	00:39:28	168m	7'38"/km
12.	217	00:02:45	00:42:13	251m	10'57"/km
13.	216	00:05:05	00:47:18	218m	23'19"/km
14.	214	00:04:27	00:51:45	315m	14'08"/km
15.	999	00:01:26	00:53:11	187m	7'40"/km

HELGA  
Orienteering Software