



# Training

## Skihütte Rodt 12.10.2024

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

**Bernard VENDRIX**

O.L.G. St. Vith ARDOC

Circuit : H:02

Distance : 4230m (Dénivelé 55m)

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

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O.K.

[Résultats complets sur 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  |

Orienteering Software