



# Training

## Skihütte Rodt 12.10.2024

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

**Heribert HAACK**

O.L.G. St. Vith ARDOC

Percorso : H:03

Distancia : 3080m (Desnivel 35m)

Tempo : 0:50:02 (16'15"/km)

2/3

O.K.

[Resultados completos em Webres](#)

- |                   |         |
|-------------------|---------|
| 1. Lucien TONNEAU | 0:49:29 |
| 3. André VLIEN    | 0:57:23 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 203 | 00:03:59 |          | 339m | 11'45"/km |
| 2.  | 213 | 00:04:03 | 00:08:02 | 335m | 12'05"/km |
| 3.  | 220 | 00:07:04 | 00:15:06 | 568m | 12'26"/km |
| 4.  | 221 | 00:03:05 | 00:18:11 | 168m | 18'21"/km |
| 5.  | 217 | 00:04:33 | 00:22:44 | 251m | 18'08"/km |
| 6.  | 222 | 00:05:31 | 00:28:15 | 276m | 19'59"/km |
| 7.  | 223 | 00:03:11 | 00:31:26 | 179m | 17'47"/km |
| 8.  | 225 | 00:06:24 | 00:37:50 | 292m | 21'55"/km |
| 9.  | 226 | 00:00:44 | 00:38:34 |      |           |
| 10. | 215 | 00:05:35 | 00:44:09 | 304m | 18'22"/km |
| 11. | 214 | 00:03:40 | 00:47:49 | 169m | 21'42"/km |
| 12. | 999 | 00:02:13 | 00:50:02 | 187m | 11'51"/km |

HELGA

Orienteering Software