



Training

Skihütte Rodt 1.12.2024

O.L.G. St. Vith ARDOC

Michael HOCK

O.L.G. St. Vith ARDOC

Circuit : H:01

Distance : 6200m

Temps : 0:58:07 (9'22"/km)

4/8

O.K.

[Résultats complets sur Webres](#)

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|------------------|---------|
| 1. Guido LENGES | 0:43:37 |
| 2. Noah BACKES | 0:49:12 |
| 3. Johannes HOCK | 0:55:49 |

1.	218	00:02:06		240m	8'45"/km
2.	219	00:04:10	00:06:16	392m	10'38"/km
3.	215	00:03:04	00:09:20	360m	8'31"/km
4.	220	00:02:33	00:11:53	309m	8'15"/km
5.	210	00:05:38	00:17:31	525m	10'44"/km
6.	221	00:03:15	00:20:46	373m	8'43"/km
7.	216	00:02:45	00:23:31	333m	8'15"/km
8.	222	00:02:35	00:26:06	273m	9'28"/km
9.	223	00:02:14	00:28:20	207m	10'47"/km
10.	224	00:03:46	00:32:06	380m	9'55"/km
11.	217	00:01:46	00:33:52	191m	9'15"/km
12.	225	00:01:29	00:35:21	142m	10'27"/km
13.	220	00:06:22	00:41:43	514m	12'23"/km
14.	205	00:05:57	00:47:40	626m	9'30"/km
15.	206	00:02:11	00:49:51	265m	8'14"/km
16.	214	00:02:03	00:51:54	257m	7'59"/km
17.	226	00:03:32	00:55:26	416m	8'30"/km
18.	227	00:01:42	00:57:08	214m	7'57"/km
19.	999	00:00:59	00:58:07	136m	7'14"/km

Orienteering Software