



# Training am Wegweiser St. Vither Wald Süd 9.3.2025 O.L.G. St. Vith ARDOC

**Guido LENGES**

O.L.V. Eifel

Course : Schwarz Lang

Distance : 6200m (Climbing 160m)

Time : 0:45:44 (7'23"/km)

**2/19**

O.K.

[Full result on Webres](#)

1. Michel BASTIN

0:43:52

3. Robert THEISS

0:51:24

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 208 | 00:03:15 |          | 477m  | 6'49"/km  |
| 2.  | 206 | 00:04:43 | 00:07:58 | 600m  | 7'52"/km  |
| 3.  | 205 | 00:01:38 | 00:09:36 | 278m  | 5'53"/km  |
| 4.  | 211 | 00:02:37 | 00:12:13 | 387m  | 6'46"/km  |
| 5.  | 212 | 00:01:26 | 00:13:39 | 253m  | 5'40"/km  |
| 6.  | 213 | 00:02:37 | 00:16:16 | 409m  | 6'24"/km  |
| 7.  | 205 | 00:02:37 | 00:18:53 | 485m  | 5'24"/km  |
| 8.  | 216 | 00:09:20 | 00:28:13 | 1212m | 7'42"/km  |
| 9.  | 217 | 00:03:50 | 00:32:03 | 317m  | 12'06"/km |
| 10. | 219 | 00:03:35 | 00:35:38 |       |           |
| 11. | 218 | 00:01:02 | 00:36:40 |       |           |
| 12. | 209 | 00:08:38 | 00:45:18 | 1244m | 6'56"/km  |
| 13. | 999 | 00:00:26 | 00:45:44 | 102m  | 4'15"/km  |

HELGA

Orienteering Software