



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

Guido LENGES

O.L.V. Eifel

Omloop : Schwarz Lang

Afstand : 6200m (Hoogteverschil 160m)

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

2/19

O.K.

[Volledige uitslagen op 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