



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

Jürgen LOO

O.L.G. St. Vith ARDOC

Omloop : Schwarz Lang

Afstand : 6200m (Hoogteverschil 160m)

Tijd : 1:00:46 (9'48"/km)

6/19

O.K.

[Volledige uitslagen op Webres](#)

1. Michel BASTIN	0:43:52
2. Guido LENGES	0:45:44
3. Robert THEISS	0:51:24

1.	208	00:04:45		477m	9'57"/km
2.	206	00:05:58	00:10:43	600m	9'57"/km
3.	205	00:02:09	00:12:52	278m	7'44"/km
4.	211	00:03:45	00:16:37	387m	9'41"/km
5.	212	00:02:18	00:18:55	253m	9'05"/km
6.	213	00:03:21	00:22:16	409m	8'11"/km
7.	205	00:03:34	00:25:50	485m	7'21"/km
8.	216	00:12:31	00:38:21	1212m	10'20"/km
9.	217	00:04:16	00:42:37	317m	13'28"/km
10.	218	00:04:51	00:47:28	438m	11'04"/km
11.	209	00:12:46	01:00:14	1244m	10'16"/km
12.	999	00:00:32	01:00:46	102m	5'14"/km

HELGA

Orienteering Software