



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

Michael HOCK

O.L.G. St. Vith ARDOC

Strecke : Schwarz Lang

Länge : 6200m (Steigung 160m)

Zeit : 1:01:20 (9'54"/km)

7/19

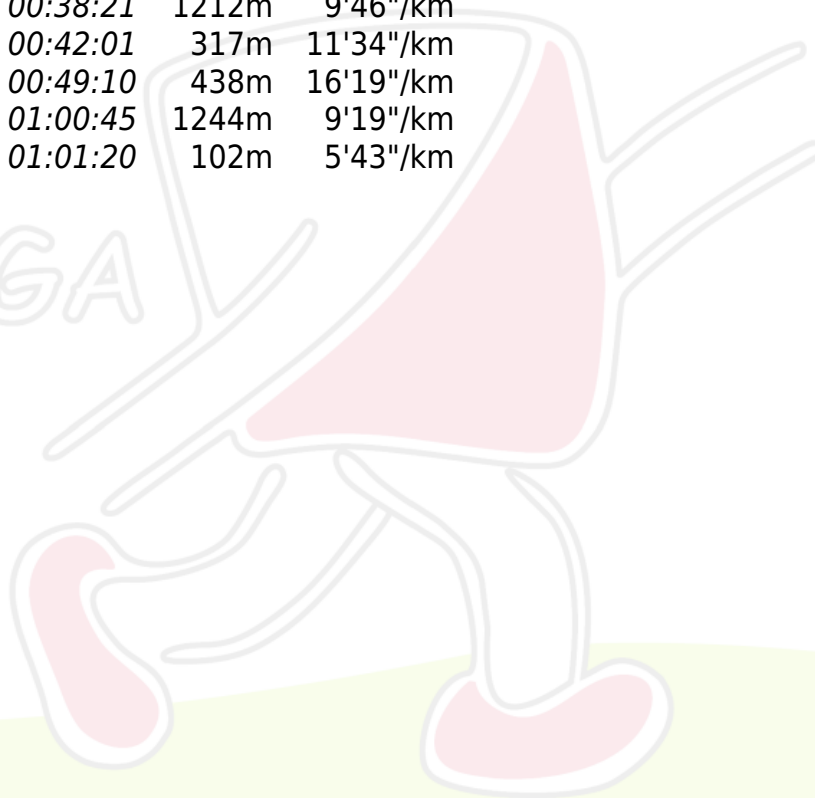
O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	208	00:04:27		477m	9'20"/km
2.	206	00:06:33	00:11:00	600m	10'55"/km
3.	205	00:02:11	00:13:11	278m	7'51"/km
4.	211	00:03:30	00:16:41	387m	9'03"/km
5.	212	00:02:09	00:18:50	253m	8'30"/km
6.	213	00:04:08	00:22:58	409m	10'06"/km
7.	205	00:03:33	00:26:31	485m	7'19"/km
8.	216	00:11:50	00:38:21	1212m	9'46"/km
9.	217	00:03:40	00:42:01	317m	11'34"/km
10.	218	00:07:09	00:49:10	438m	16'19"/km
11.	209	00:11:35	01:00:45	1244m	9'19"/km
12.	999	00:00:35	01:01:20	102m	5'43"/km

HELGA



Orienteering Software