



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

Luca LENGES

O.L.V. Eifel

Course : Schwarz Lang

Distance : 6200m (Climbing 160m)

Time : 1:07:17 (10'51"/km)

8/19

O.K.

[Full result on Webres](#)

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

1.	203	00:03:46		
2.	202	00:03:20	00:07:06	168m 19'50"/km
3.	208	00:03:29	00:10:35	
4.	221	00:05:05	00:15:40	
5.	206	00:01:04	00:16:44	
6.	205	00:02:04	00:18:48	278m 7'26"/km
7.	211	00:03:11	00:21:59	387m 8'14"/km
8.	212	00:02:08	00:24:07	253m 8'26"/km
9.	213	00:03:24	00:27:31	409m 8'19"/km
10.	205	00:03:23	00:30:54	485m 6'59"/km
11.	216	00:12:32	00:43:26	1212m 10'20"/km
12.	217	00:04:13	00:47:39	317m 13'18"/km
13.	218	00:05:37	00:53:16	438m 12'49"/km
14.	209	00:13:27	01:06:43	1244m 10'49"/km
15.	999	00:00:34	01:07:17	102m 5'33"/km

HELGA
Orienteering Software