



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

**Luca LENGES**

O.L.V. Eifel

Circuit : Schwarz Lang

Distance : 6200m (Dénivelé 160m)

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

**8/19**

O.K.

[Résultats complets sur 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   |

Orienteering Software