



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

Freddy HENKES

O.L.G. St. Vith ARDOC

Strecke : Schwarz Lang

Länge : 6200m (Steigung 160m)

Zeit : 1:15:57 (12'15"/km)

11/19

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	00:05:33		477m	11'38"/km
2.	221	00:06:39	00:12:12		
3.	206	00:00:40	00:12:52		
4.	205	00:02:52	00:15:44	278m	10'19"/km
5.	211	00:06:56	00:22:40	387m	17'55"/km
6.	212	00:02:22	00:25:02	253m	9'21"/km
7.	213	00:04:31	00:29:33	409m	11'03"/km
8.	205	00:04:20	00:33:53	485m	8'56"/km
9.	216	00:14:51	00:48:44	1212m	12'15"/km
10.	217	00:04:54	00:53:38	317m	15'27"/km
11.	218	00:09:00	01:02:38	438m	20'33"/km
12.	209	00:12:46	01:15:24	1244m	10'16"/km
13.	999	00:00:33	01:15:57	102m	5'24"/km

HELGA

Orienteering Software