



Sprint-Training

St. Vith 4.5.2025

O.L.G. St. Vith ARDOC

Luca LENGES

O.L.V. Eifel

Course : Lang

Distance : 2900m

Time : 0:17:45 (6'07"/km)

4/23

O.K.

[Full result on Webres](#)

- | | |
|-----------------|---------|
| 1. Guido LENGES | 0:15:09 |
| 2. Jérémy BREDO | 0:16:29 |
| 3. Thomas BREDO | 0:17:43 |

1.	202	00:00:56		181m	5'09"/km
2.	201	00:00:57	00:01:53	188m	5'03"/km
3.	203	00:00:16	00:02:09	85m	3'08"/km
4.	204	00:01:14	00:03:23	209m	5'54"/km
5.	205	00:02:45	00:06:08	444m	6'12"/km
6.	206	00:02:47	00:08:55	483m	5'46"/km
7.	207	00:00:36	00:09:31	110m	5'27"/km
8.	208	00:01:31	00:11:02	294m	5'10"/km
9.	209	00:00:49	00:11:51	112m	7'17"/km
10.	210	00:01:13	00:13:04	153m	7'57"/km
11.	211	00:00:18	00:13:22	55m	5'27"/km
12.	212	00:01:04	00:14:26	160m	6'40"/km
13.	213	00:01:23	00:15:49	144m	9'36"/km
14.	214	00:00:55	00:16:44	126m	7'17"/km
15.	215	00:00:27	00:17:11	92m	4'53"/km
16.	999	00:00:34	00:17:45	41m	13'49"/km

Orienteering Software