



# Sprint-Training

## St. Vith 4.5.2025

### O.L.G. St. Vith ARDOC

**Luca LENGES**

O.L.V. Eifel

Circuit : Lang

Distance : 2900m

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

**4/23**

O.K.

[Résultats complets sur 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