



# Sprint-Training

## St. Vith 4.5.2025

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

**Evelyne KOHN**

O.L.V. Eifel

Omloop : Lang

Afstand : 2900m

Tijd : 0:36:56 (12'44"/km)

**20/23**

O.K.

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

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 202 | 00:01:58 |          | 181m | 10'52"/km |
| 2.  | 201 | 00:02:06 | 00:04:04 | 188m | 11'10"/km |
| 3.  | 203 | 00:00:49 | 00:04:53 | 85m  | 9'36"/km  |
| 4.  | 204 | 00:02:36 | 00:07:29 | 209m | 12'26"/km |
| 5.  | 205 | 00:06:01 | 00:13:30 | 444m | 13'33"/km |
| 6.  | 206 | 00:05:25 | 00:18:55 | 483m | 11'13"/km |
| 7.  | 207 | 00:01:13 | 00:20:08 | 110m | 11'04"/km |
| 8.  | 208 | 00:02:52 | 00:23:00 | 294m | 9'45"/km  |
| 9.  | 209 | 00:01:29 | 00:24:29 | 112m | 13'15"/km |
| 10. | 210 | 00:03:08 | 00:27:37 | 153m | 20'29"/km |
| 11. | 211 | 00:00:40 | 00:28:17 | 55m  | 12'07"/km |
| 12. | 212 | 00:02:16 | 00:30:33 | 160m | 14'10"/km |
| 13. | 213 | 00:02:31 | 00:33:04 | 144m | 17'29"/km |
| 14. | 214 | 00:02:00 | 00:35:04 | 126m | 15'52"/km |
| 15. | 215 | 00:00:52 | 00:35:56 | 92m  | 9'25"/km  |
| 16. | 999 | 00:01:00 | 00:36:56 | 41m  | 24'23"/km |

Orienteering Software