



Training Am Schieferstollen

Hinter den Sandgruben, Recht 16.7.2023

O.L.G. St. Vith ARDOC

Michael HOCK

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Strecke : H:Bahn A

Länge : 6000m

Zeit : 1:16:39 (12'47"/km)

4/7

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Guido LENGES	1:00:28
2. Thomas BREDO	1:09:11
3. Stéphan SCHWALL	1:09:48

1.	227	00:06:57		281m	24'44"/km
2.	246	00:05:27	00:12:24	113m	48'14"/km
3.	232	00:03:02	00:15:26	212m	14'18"/km
4.	229	00:03:59	00:19:25	382m	10'26"/km
5.	231	00:03:19	00:22:44	223m	14'52"/km
6.	230	00:02:56	00:25:40	162m	18'06"/km
7.	245	00:02:59	00:28:39	176m	16'57"/km
8.	229	00:02:34	00:31:13	270m	9'30"/km
9.	233	00:05:09	00:36:22	476m	10'49"/km
10.	240	00:01:30	00:37:52	119m	12'36"/km
11.	234	00:01:00	00:38:52	76m	13'09"/km
12.	241	00:06:51	00:45:43	591m	11'35"/km
13.	237	00:05:57	00:51:40	564m	10'33"/km
14.	247	00:05:19	00:56:59	520m	10'13"/km
15.	249	00:02:00	00:58:59	190m	10'32"/km
16.	238	00:01:09	01:00:08	90m	12'47"/km
17.	244	00:06:38	01:06:46	636m	10'26"/km
18.	242	00:01:44	01:08:30	144m	12'02"/km
19.	239	00:01:55	01:10:25	98m	19'33"/km
20.	236	00:02:25	01:12:50	239m	10'07"/km
21.	224	00:02:44	01:15:34	256m	10'41"/km
22.	120	00:01:05	01:16:39	226m	4'48"/km

Orienteering Software