



Training Plattscheid Worriken 30.3.2024 OLV Eifel

Michael HOCK

O.L.G. St. Vith ARDOC

Course : H:Schwarz lang

Distance : 6800m

Time : 1:00:20 (8'52"/km)

7/9

O.K.

[Full result on Webres](#)

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|--------------------|---------|
| 1. Thorsten LANGER | 0:41:35 |
| 2. François HANZEN | 0:48:33 |
| 3. Jérémy BREDO | 0:49:09 |

1.	105	00:01:14		121m	10'12"/km
2.	110	00:03:59	00:05:13	392m	10'10"/km
3.	230	00:01:23	00:06:36	186m	7'26"/km
4.	232	00:02:08	00:08:44	192m	11'07"/km
5.	107	00:03:57	00:12:41	428m	9'14"/km
6.	229	00:03:19	00:16:00	445m	7'27"/km
7.	225	00:02:00	00:18:00	227m	8'49"/km
8.	226	00:03:01	00:21:01	324m	9'19"/km
9.	113	00:02:33	00:23:34	210m	12'09"/km
10.	222	00:02:32	00:26:06	272m	9'19"/km
11.	106	00:01:16	00:27:22	97m	13'04"/km
12.	224	00:07:36	00:34:58	957m	7'56"/km
13.	227	00:05:07	00:40:05	540m	9'29"/km
14.	108	00:01:36	00:41:41	124m	12'54"/km
15.	228	00:05:17	00:46:58	608m	8'41"/km
16.	109	00:02:18	00:49:16	136m	16'55"/km
17.	112	00:04:24	00:53:40	544m	8'05"/km
18.	231	00:03:26	00:57:06	440m	7'48"/km
19.	120	00:03:14	01:00:20	430m	7'31"/km

Orienteering Software