

Heaven training

Godbrange 20.4.2024

Luxembourg Orienteering Club

Freddy HENKES

Luxembourg Orienteering Club

Course : Deer

Distance : 4300m (Climbing 170m)

Time : 1:13:47,566 (17'10"/km)

5/13

O.K.

[Full result on Webres](#)

1. Jevgenijs SPROGE	0:47:14,996
2. Max MULLER	0:51:26,269
3. Dirk HARTMANN	1:00:37,808

1.	132	00:05:46		508m	11'21"/km
2.	133	00:01:34	00:07:20	108m	14'30"/km
3.	134	00:02:18	00:09:38	174m	13'13"/km
4.	135	00:03:12	00:12:50	206m	15'32"/km
5.	137	00:03:26	00:16:16	154m	22'18"/km
6.	139	00:04:19	00:20:35	241m	17'55"/km
7.	149	00:05:19	00:25:54	328m	16'13"/km
8.	147	00:03:48	00:29:42	201m	18'54"/km
9.	144	00:02:34	00:32:16	147m	17'28"/km
10.	141	00:04:15	00:36:31	291m	14'36"/km
11.	140	00:03:52	00:40:23	192m	20'08"/km
12.	142	00:04:42	00:45:05	207m	22'42"/km
13.	146	00:03:30	00:48:35	142m	24'39"/km
14.	148	00:04:18	00:52:53	141m	30'30"/km
15.	136	00:06:53	00:59:46	420m	16'23"/km
16.	151	00:09:21	01:09:07	243m	38'29"/km
17.	153	00:02:05	01:11:12	165m	12'38"/km
18.	999	00:02:35	01:13:47	388m	6'39"/km

Orienteering Software