



# Mitteldistanz Training

## Emmels Windräder 26.3.2022

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

**Michel SEPULCHRE**

O.L.G. St. Vith ARDOC

Strecke : BAHN A

Länge : 4520m (Steigung 60m)

Zeit : 0:47:35 (10'32"/km)

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O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Michael HOCK 0:44:54  
3. Jürgen LOO 1:06:51

1.	101	00:01:56		255m	7'35"/km
2.	102	00:01:14	00:03:10	178m	6'56"/km
3.	103	00:00:49	00:03:59	122m	6'42"/km
4.	104	00:02:09	00:06:08	241m	8'55"/km
5.	105	00:00:59	00:07:07	93m	10'34"/km
6.	106	00:00:52	00:07:59	107m	8'06"/km
7.	107	00:02:06	00:10:05	264m	7'57"/km
8.	108	00:03:08	00:13:13	196m	15'59"/km
9.	109	00:04:35	00:17:48	114m	40'12"/km
10.	110	00:01:59	00:19:47	249m	7'58"/km
11.	111	00:04:21	00:24:08	343m	12'41"/km
12.	112	00:01:28	00:25:36	175m	8'23"/km
13.	113	00:00:46	00:26:22	72m	10'39"/km
14.	114	00:01:15	00:27:37	145m	8'37"/km
15.	115	00:01:47	00:29:24	186m	9'35"/km
16.	116	00:02:41	00:32:05	259m	10'22"/km
17.	111	00:01:31	00:33:36	150m	10'07"/km
18.	117	00:03:08	00:36:44	287m	10'55"/km
19.	118	00:01:02	00:37:46	114m	9'04"/km
20.	119	00:02:01	00:39:47	229m	8'48"/km
21.	51	00:01:10	00:40:57	119m	9'48"/km
22.	56	00:04:14	00:45:11	310m	13'39"/km
23.	57	00:00:57	00:46:08	86m	11'03"/km
24.	120	00:01:27	00:47:35	230m	6'18"/km

Orienteering Software