



Training Botrange
Botrange 11.6.2023
OLV Eifel

Guido LENGES

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Course : LD

Distance : 7000m (Climbing 150m)

Time : 1:37:55 (13'59"/km)

8/17

O.K.

[Full result on Webres](#)

1. Michel BASTIN	1:06:19
2. Christophe BERNARD	1:16:52
3. Olivier CHATLAIN	1:27:40

1.	75	00:03:38		529m	6'52"/km
2.	76	00:19:57	00:23:35	728m	27'24"/km
3.	77	00:03:38	00:27:13	497m	7'19"/km
4.	78	00:01:28	00:28:41	97m	15'07"/km
5.	79	00:02:57	00:31:38	309m	9'33"/km
6.	80	00:02:11	00:33:49	293m	7'27"/km
7.	81	00:02:40	00:36:29	344m	7'45"/km
8.	82	00:01:48	00:38:17	230m	7'50"/km
9.	83	00:02:34	00:40:51	221m	11'37"/km
10.	84	00:04:58	00:45:49	276m	18'00"/km
11.	85	00:08:02	00:53:51	341m	23'33"/km
12.	86	00:03:18	00:57:09	144m	22'55"/km
13.	95	00:04:14	01:01:23	461m	9'11"/km
14.	88	00:03:54	01:05:17	531m	7'21"/km
15.	87	00:08:38	01:13:55	301m	28'41"/km
16.	89	00:03:17	01:17:12	444m	7'24"/km
17.	90	00:07:54	01:25:06	262m	30'09"/km
18.	91	00:06:12	01:31:18	208m	29'48"/km
19.	92	00:03:00	01:34:18	413m	7'16"/km
20.	93	00:02:28	01:36:46	293m	8'25"/km
21.	999	00:01:09	01:37:55	95m	12'06"/km

Orienteering Software