



# Training

## Volmersberg 29.5.2023

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

**Véronique BASTIN**

O.L.G. St. Vith ARDOC

Strecke : D:Bahn A

Länge : 6100m (Steigung 210m)

Zeit : 1:08:51 (11'17"/km)

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O.K.

[Vollständige Ergebnisse auf Webres](#)

|     |     |          |          |       |           |
|-----|-----|----------|----------|-------|-----------|
| 1.  | 101 | 00:01:53 |          | 166m  | 11'21"/km |
| 2.  | 102 | 00:01:21 | 00:03:14 | 122m  | 11'04"/km |
| 3.  | 103 | 00:02:22 | 00:05:36 | 152m  | 15'34"/km |
| 4.  | 104 | 00:05:59 | 00:11:35 | 517m  | 11'34"/km |
| 5.  | 105 | 00:02:13 | 00:13:48 | 200m  | 11'05"/km |
| 6.  | 106 | 00:00:48 | 00:14:36 | 82m   | 9'45"/km  |
| 7.  | 107 | 00:01:58 | 00:16:34 | 108m  | 18'13"/km |
| 8.  | 108 | 00:01:52 | 00:18:26 | 112m  | 16'40"/km |
| 9.  | 109 | 00:02:42 | 00:21:08 | 224m  | 12'03"/km |
| 10. | 110 | 00:03:48 | 00:24:56 | 300m  | 12'40"/km |
| 11. | 111 | 00:01:01 | 00:25:57 | 70m   | 14'31"/km |
| 12. | 112 | 00:01:06 | 00:27:03 | 101m  | 10'53"/km |
| 13. | 113 | 00:07:02 | 00:34:05 | 1022m | 6'53"/km  |
| 14. | 114 | 00:01:06 | 00:35:11 | 118m  | 9'19"/km  |
| 15. | 115 | 00:02:52 | 00:38:03 | 199m  | 14'24"/km |
| 16. | 116 | 00:00:58 | 00:39:01 | 135m  | 7'10"/km  |
| 17. | 117 | 00:02:14 | 00:41:15 | 247m  | 9'03"/km  |
| 18. | 118 | 00:00:58 | 00:42:13 | 88m   | 10'59"/km |
| 19. | 220 | 00:01:56 | 00:44:09 | 134m  | 14'26"/km |
| 20. | 221 | 00:01:48 | 00:45:57 | 128m  | 14'04"/km |
| 21. | 222 | 00:01:50 | 00:47:47 | 152m  | 12'04"/km |
| 22. | 223 | 00:01:54 | 00:49:41 | 220m  | 8'38"/km  |
| 23. | 115 | 00:04:10 | 00:53:51 | 210m  | 19'50"/km |
| 24. | 224 | 00:02:18 | 00:56:09 | 232m  | 9'55"/km  |
| 25. | 225 | 00:01:09 | 00:57:18 | 108m  | 10'39"/km |
| 26. | 226 | 00:02:11 | 00:59:29 | 154m  | 14'11"/km |
| 27. | 227 | 00:00:57 | 01:00:26 | 135m  | 7'02"/km  |
| 28. | 101 | 00:01:11 | 01:01:37 | 108m  | 10'57"/km |
| 29. | 228 | 00:02:30 | 01:04:07 | 181m  | 13'49"/km |
| 30. | 229 | 00:02:29 | 01:06:36 | 170m  | 14'36"/km |
| 31. | 230 | 00:01:33 | 01:08:09 | 134m  | 11'34"/km |
| 32. | 120 | 00:00:42 | 01:08:51 | 108m  | 6'29"/km  |