



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Patrick HOCK

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Strecke : H:Bahn A

Länge : 6100m (Steigung 210m)

Zeit : 1:13:18 (12'01"/km)

5/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Thomas BREDO	0:55:02
2. Jürgen LOO	1:07:21
3. Noah BACKES	1:07:29

1.	101	00:02:00		166m	12'03"/km
2.	102	00:01:46	00:03:46	122m	14'29"/km
3.	103	00:01:47	00:05:33	152m	11'44"/km
4.	104	00:05:56	00:11:29	517m	11'29"/km
5.	105	00:01:44	00:13:13	200m	8'40"/km
6.	106	00:00:45	00:13:58	82m	9'09"/km
7.	107	00:01:12	00:15:10	108m	11'07"/km
8.	108	00:01:19	00:16:29	112m	11'45"/km
9.	109	00:02:30	00:18:59	224m	11'10"/km
10.	110	00:03:22	00:22:21	300m	11'13"/km
11.	111	00:00:59	00:23:20	70m	14'03"/km
12.	112	00:02:24	00:25:44	101m	23'46"/km
13.	113	00:07:33	00:33:17	1022m	7'23"/km
14.	114	00:01:26	00:34:43	118m	12'09"/km
15.	115	00:03:13	00:37:56	199m	16'10"/km
16.	116	00:01:12	00:39:08	135m	8'53"/km
17.	117	00:02:32	00:41:40	247m	10'15"/km
18.	118	00:01:32	00:43:12	88m	17'25"/km
19.	220	00:01:34	00:44:46	134m	11'41"/km
20.	221	00:01:28	00:46:14	128m	11'27"/km
21.	222	00:03:55	00:50:09	152m	25'46"/km
22.	223	00:02:33	00:52:42	220m	11'35"/km
23.	115	00:03:35	00:56:17	210m	17'04"/km
24.	224	00:02:28	00:58:45	232m	10'38"/km
25.	225	00:01:10	00:59:55	108m	10'48"/km
26.	226	00:02:41	01:02:36	154m	17'25"/km
27.	227	00:01:11	01:03:47	135m	8'46"/km
28.	101	00:01:31	01:05:18	108m	14'03"/km
29.	228	00:03:06	01:08:24	181m	17'08"/km
30.	229	00:02:43	01:11:07	170m	15'59"/km
31.	230	00:01:29	01:12:36	134m	11'04"/km
32.	120	00:00:42	01:13:18	108m	6'29"/km