



Training Volmersberg

Volmersberg 9.5.2021

O.L.G. St. Vith ARDOC

Heribert HAACK

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Strecke : H:Bahn B

Länge : 3300m (Steigung 60m)

Zeit : 0:50:16 (15'13"/km)

2/4

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Simon BASTIN	0:43:20
3. Maximilian LOO	1:04:12

1.	58	00:04:00		375m	10'40"/km
2.	99	00:00:01	00:04:01		
3.	102	00:03:21	00:07:22		
4.	104	00:03:08	00:10:30	284m	11'02"/km
5.	105	00:03:32	00:14:02	193m	18'18"/km
6.	57	00:03:26	00:17:28	179m	19'11"/km
7.	99	00:00:01	00:17:29		
8.	57	00:00:01	00:17:30		
9.	99	00:00:01	00:17:31		
10.	57	00:00:02	00:17:33		
11.	99	00:00:02	00:17:35		
12.	116	00:05:09	00:22:44		
13.	114	00:07:04	00:29:48	440m	16'04"/km
14.	56	00:02:12	00:32:00	127m	17'19"/km
15.	99	00:00:01	00:32:01		
16.	56	00:00:02	00:32:03		
17.	99	00:00:01	00:32:04		
18.	111	00:04:54	00:36:58		
19.	54	00:04:10	00:41:08	154m	27'03"/km
20.	99	00:00:01	00:41:09		
21.	54	00:00:02	00:41:11		
22.	53	00:05:46	00:46:57	430m	13'25"/km
23.	120	00:03:19	00:50:16	239m	13'53"/km

Orienteering Software