



Training Volmersberg

Volemrsberg 5.12.2021

O.L.G. St. Vith ARDOC

Nico KOHNEN

O.L.G. St. Vith ARDOC

Strecke : H:D

Länge : 3800m

Zeit : 0:42:53 (11'17"/km)

4/5

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|--------------------|---------|
| 1. Noah BACKES | 0:34:53 |
| 2. Werner HOFFMANN | 0:40:54 |
| 3. Freddy HENKES | 0:41:06 |

1.	71	00:03:00		282m	10'38"/km
2.	116	00:03:13	00:06:13	311m	10'21"/km
3.	80	00:03:03	00:09:16	247m	12'21"/km
4.	103	00:01:49	00:11:05	101m	17'59"/km
5.	118	00:02:54	00:13:59	228m	12'43"/km
6.	56	00:03:26	00:17:25	289m	11'53"/km
7.	117	00:02:58	00:20:23	238m	12'28"/km
8.	105	00:04:10	00:24:33	545m	7'39"/km
9.	60	00:02:05	00:26:38	187m	11'08"/km
10.	102	00:02:46	00:29:24	221m	12'31"/km
11.	62	00:02:43	00:32:07	171m	15'53"/km
12.	99	00:00:00	00:32:07		
13.	74	00:02:09	00:34:16		
14.	115	00:06:11	00:40:27	480m	12'53"/km
15.	120	00:02:26	00:42:53	276m	8'49"/km

Orienteering Software