



Training

Volmersberg 12.3.2022

O.L.G. St. Vith ARDOC

Anabel SCHNEIDER

O.L.G. St. Vith ARDOC

Strecke : 04

Länge : 4000m (Steigung 110m)

Zeit : 0:39:07 (9'47"/km)

1/6

O.K.

[Vollständige Ergebnisse auf Webres](#)

2. Michael HOCK	0:39:39
3. Caroline MARGREVE	0:45:27

1.	101	00:00:55		146m	6'17"/km
2.	105	00:02:15	00:03:10	247m	9'07"/km
3.	106	00:03:28	00:06:38	412m	8'25"/km
4.	107	00:02:00	00:08:38	143m	13'59"/km
5.	71	00:01:17	00:09:55	72m	17'49"/km
6.	74	00:02:42	00:12:37	272m	9'56"/km
7.	108	00:01:12	00:13:49	99m	12'07"/km
8.	109	00:02:03	00:15:52	209m	9'49"/km
9.	110	00:04:05	00:19:57	355m	11'30"/km
10.	113	00:01:42	00:21:39	180m	9'27"/km
11.	114	00:01:13	00:22:52	140m	8'41"/km
12.	110	00:01:23	00:24:15	150m	9'13"/km
13.	112	00:01:02	00:25:17	107m	9'39"/km
14.	62	00:02:21	00:27:38	262m	8'58"/km
15.	115	00:01:12	00:28:50	108m	11'07"/km
16.	116	00:00:58	00:29:48	85m	11'22"/km
17.	117	00:01:40	00:31:28	181m	9'12"/km
18.	118	00:00:45	00:32:13	82m	9'09"/km
19.	119	00:01:02	00:33:15	69m	14'59"/km
20.	53	00:01:25	00:34:40	180m	7'52"/km
21.	60	00:00:48	00:35:28	115m	6'57"/km
22.	119	00:01:29	00:36:57	170m	8'44"/km
23.	120	00:02:10	00:39:07	242m	8'57"/km

Orienteering Software