



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Sarah GENTEN

Indiv.

Strecke : D:Bahn B

Länge : 3000m (Steigung 110m)

Zeit : 0:35:45 (11'55"/km)

1/3

O.K.

[Vollständige Ergebnisse auf Webres](#)

2. Elisabeth VLIEGEN

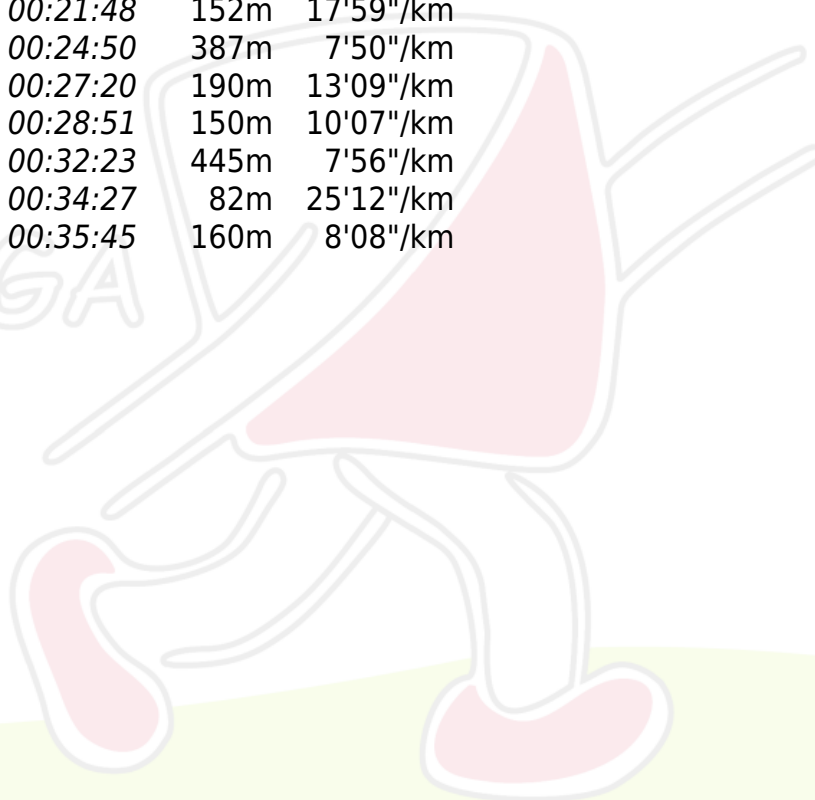
0:44:39

3. Irma COLLIENNE

0:59:00

1.	102	00:06:34		207m	31'43"/km
2.	232	00:02:22	00:08:56	192m	12'20"/km
3.	227	00:01:39	00:10:35	149m	11'04"/km
4.	225	00:01:45	00:12:20	196m	8'56"/km
5.	115	00:03:01	00:15:21	329m	9'10"/km
6.	235	00:01:24	00:16:45	185m	7'34"/km
7.	222	00:02:19	00:19:04	168m	13'47"/km
8.	221	00:02:44	00:21:48	152m	17'59"/km
9.	114	00:03:02	00:24:50	387m	7'50"/km
10.	224	00:02:30	00:27:20	190m	13'09"/km
11.	238	00:01:31	00:28:51	150m	10'07"/km
12.	106	00:03:32	00:32:23	445m	7'56"/km
13.	105	00:02:04	00:34:27	82m	25'12"/km
14.	120	00:01:18	00:35:45	160m	8'08"/km

HELGA



Orienteering Software