



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Elisabeth VLIEGEN

O.L.V. Eifel

Strecke : D:Bahn B

Länge : 3000m (Steigung 110m)

Zeit : 0:44:39 (14'53"/km)

2/3

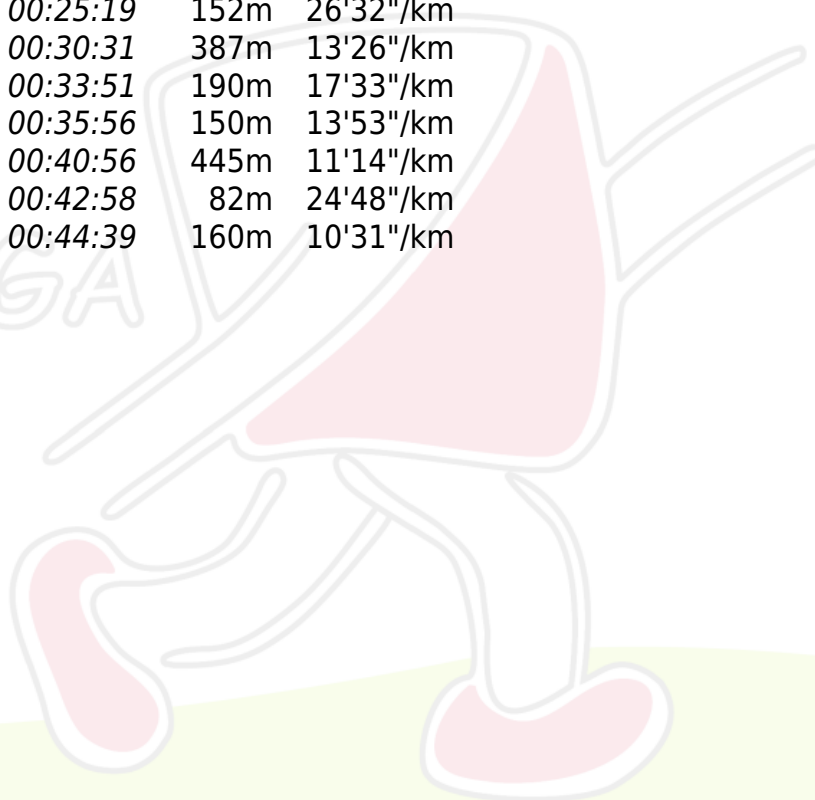
O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|-------------------|---------|
| 1. Sarah GENTEN | 0:35:45 |
| 3. Irma COLLIENNE | 0:59:00 |

1.	102	00:03:04		207m	14'49"/km
2.	232	00:02:38	00:05:42	192m	13'43"/km
3.	227	00:01:36	00:07:18	149m	10'44"/km
4.	225	00:02:14	00:09:32	196m	11'24"/km
5.	115	00:04:27	00:13:59	329m	13'32"/km
6.	235	00:02:15	00:16:14	185m	12'10"/km
7.	222	00:05:03	00:21:17	168m	30'04"/km
8.	221	00:04:02	00:25:19	152m	26'32"/km
9.	114	00:05:12	00:30:31	387m	13'26"/km
10.	224	00:03:20	00:33:51	190m	17'33"/km
11.	238	00:02:05	00:35:56	150m	13'53"/km
12.	106	00:05:00	00:40:56	445m	11'14"/km
13.	105	00:02:02	00:42:58	82m	24'48"/km
14.	120	00:01:41	00:44:39	160m	10'31"/km

HELGA



Orienteering Software