



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Thomas BREDO

O.L.V. Eifel

Strecke : H: Bahn A

Länge : 6100m (Steigung 210m)

Zeit : 0:55:02 (9'01"/km)

1/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

2. Jürgen LOO
3. Noah BACKES

1:07:21
1:07:29

1.	101	00:01:04		166m	6'26"/km
2.	102	00:00:54	00:01:58	122m	7'23"/km
3.	103	00:01:22	00:03:20	152m	8'59"/km
4.	104	00:04:19	00:07:39	517m	8'21"/km
5.	105	00:01:32	00:09:11	200m	7'40"/km
6.	106	00:00:38	00:09:49	82m	7'43"/km
7.	107	00:00:54	00:10:43	108m	8'20"/km
8.	108	00:01:17	00:12:00	112m	11'28"/km
9.	109	00:02:35	00:14:35	224m	11'32"/km
10.	110	00:03:16	00:17:51	300m	10'53"/km
11.	111	00:00:36	00:18:27	70m	8'34"/km
12.	112	00:01:11	00:19:38	101m	11'43"/km
13.	113	00:06:22	00:26:00	1022m	6'14"/km
14.	114	00:00:54	00:26:54	118m	7'38"/km
15.	115	00:02:24	00:29:18	199m	12'04"/km
16.	116	00:01:07	00:30:25	135m	8'16"/km
17.	117	00:01:56	00:32:21	247m	7'50"/km
18.	118	00:00:44	00:33:05	88m	8'20"/km
19.	220	00:01:42	00:34:47	134m	12'41"/km
20.	221	00:01:51	00:36:38	128m	14'27"/km
21.	222	00:01:23	00:38:01	152m	9'06"/km
22.	223	00:01:34	00:39:35	220m	7'07"/km
23.	115	00:03:23	00:42:58	210m	16'07"/km
24.	224	00:01:50	00:44:48	232m	7'54"/km
25.	225	00:00:50	00:45:38	108m	7'43"/km
26.	226	00:02:18	00:47:56	154m	14'56"/km
27.	227	00:00:49	00:48:45	135m	6'03"/km
28.	101	00:00:56	00:49:41	108m	8'39"/km
29.	228	00:01:35	00:51:16	181m	8'45"/km
30.	229	00:02:00	00:53:16	170m	11'46"/km
31.	230	00:01:10	00:54:26	134m	8'42"/km
32.	120	00:00:36	00:55:02	108m	5'33"/km