



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Jürgen LOO

O.L.G. St. Vith ARDOC

Strecke : H:Bahn A

Länge : 6100m (Steigung 210m)

Zeit : 1:07:21 (11'02"/km)

2/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Thomas BREDO

0:55:02

3. Noah BACKES

1:07:29

1.	101	00:01:37		166m	9'44"/km
2.	102	00:01:02	00:02:39	122m	8'28"/km
3.	103	00:01:25	00:04:04	152m	9'19"/km
4.	104	00:04:27	00:08:31	517m	8'36"/km
5.	105	00:01:42	00:10:13	200m	8'30"/km
6.	106	00:00:40	00:10:53	82m	8'08"/km
7.	107	00:01:13	00:12:06	108m	11'16"/km
8.	108	00:01:21	00:13:27	112m	12'03"/km
9.	109	00:02:33	00:16:00	224m	11'23"/km
10.	110	00:03:04	00:19:04	300m	10'13"/km
11.	111	00:00:37	00:19:41	70m	8'49"/km
12.	112	00:00:55	00:20:36	101m	9'05"/km
13.	113	00:06:55	00:27:31	1022m	6'46"/km
14.	114	00:01:19	00:28:50	118m	11'09"/km
15.	115	00:02:31	00:31:21	199m	12'39"/km
16.	116	00:04:15	00:35:36	135m	31'29"/km
17.	117	00:03:43	00:39:19	247m	15'03"/km
18.	118	00:01:49	00:41:08	88m	20'39"/km
19.	220	00:02:11	00:43:19	134m	16'18"/km
20.	221	00:01:12	00:44:31	128m	9'23"/km
21.	222	00:01:32	00:46:03	152m	10'05"/km
22.	223	00:03:25	00:49:28	220m	15'32"/km
23.	115	00:03:47	00:53:15	210m	18'01"/km
24.	224	00:01:59	00:55:14	232m	8'33"/km
25.	225	00:00:51	00:56:05	108m	7'52"/km
26.	226	00:02:24	00:58:29	154m	15'35"/km
27.	227	00:01:02	00:59:31	135m	7'39"/km
28.	101	00:01:15	01:00:46	108m	11'34"/km
29.	228	00:02:17	01:03:03	181m	12'37"/km
30.	229	00:02:13	01:05:16	170m	13'02"/km
31.	230	00:01:18	01:06:34	134m	9'42"/km
32.	120	00:00:47	01:07:21	108m	7'15"/km