



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Noah BACKES

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Strecke : H:Bahn A

Länge : 6100m (Steigung 210m)

Zeit : 1:07:29 (11'04"/km)

3/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|-----------------|---------|
| 1. Thomas BREDO | 0:55:02 |
| 2. Jürgen LOO | 1:07:21 |

1.	101	00:01:27		166m	8'44"/km
2.	102	00:01:13	00:02:40	122m	9'58"/km
3.	103	00:01:44	00:04:24	152m	11'24"/km
4.	104	00:04:56	00:09:20	517m	9'33"/km
5.	105	00:01:59	00:11:19	200m	9'55"/km
6.	106	00:00:56	00:12:15	82m	11'23"/km
7.	107	00:01:29	00:13:44	108m	13'44"/km
8.	108	00:01:44	00:15:28	112m	15'29"/km
9.	109	00:02:40	00:18:08	224m	11'54"/km
10.	110	00:03:15	00:21:23	300m	10'50"/km
11.	111	00:00:38	00:22:01	70m	9'03"/km
12.	112	00:01:18	00:23:19	101m	12'52"/km
13.	113	00:07:04	00:30:23	1022m	6'55"/km
14.	114	00:01:13	00:31:36	118m	10'19"/km
15.	115	00:02:51	00:34:27	199m	14'19"/km
16.	116	00:00:55	00:35:22	135m	6'47"/km
17.	117	00:02:28	00:37:50	247m	9'59"/km
18.	118	00:01:05	00:38:55	88m	12'19"/km
19.	220	00:02:08	00:41:03	134m	15'55"/km
20.	221	00:04:11	00:45:14	128m	32'41"/km
21.	222	00:01:39	00:46:53	152m	10'51"/km
22.	223	00:02:07	00:49:00	220m	9'37"/km
23.	115	00:03:48	00:52:48	210m	18'06"/km
24.	224	00:01:58	00:54:46	232m	8'29"/km
25.	225	00:01:02	00:55:48	108m	9'34"/km
26.	226	00:01:57	00:57:45	154m	12'40"/km
27.	227	00:01:08	00:58:53	135m	8'24"/km
28.	101	00:01:16	01:00:09	108m	11'44"/km
29.	228	00:02:36	01:02:45	181m	14'22"/km
30.	229	00:02:41	01:05:26	170m	15'47"/km
31.	230	00:01:26	01:06:52	134m	10'42"/km
32.	120	00:00:37	01:07:29	108m	5'43"/km