



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Stephan HANS

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Strecke : H:Bahn A

Länge : 6100m (Steigung 210m)

Zeit : 1:09:28 (11'23"/km)

4/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Thomas BREDO	0:55:02
2. Jürgen LOO	1:07:21
3. Noah BACKES	1:07:29

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