



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

Heribert HAACK

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Strecke : H:Bahn B

Länge : 3000m (Steigung 110m)

Zeit : 0:52:19 (17'26"/km)

5/7

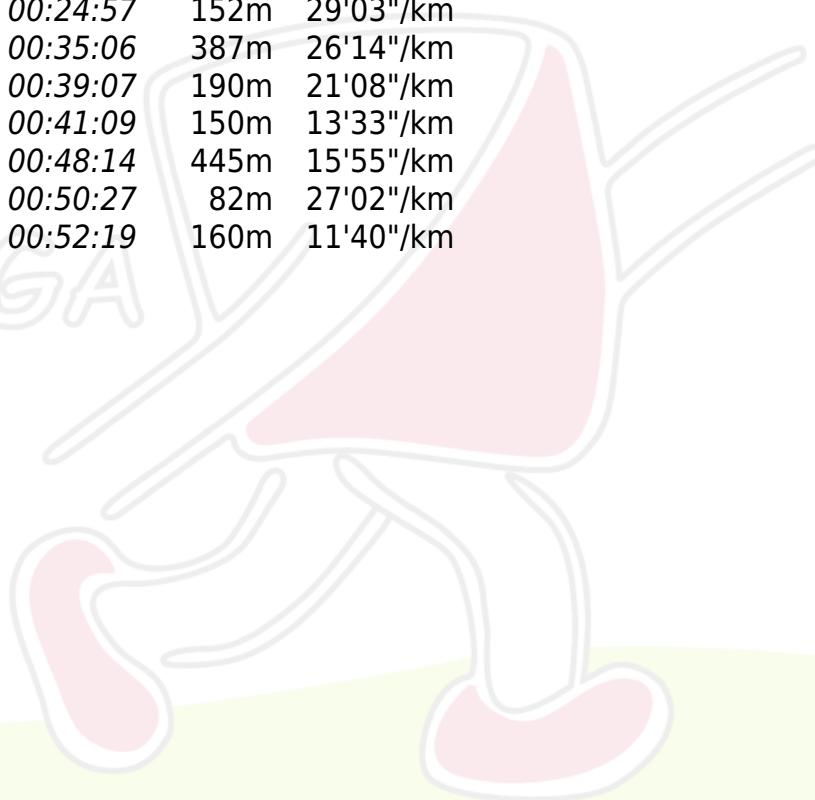
O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Thomas CHATTLAIN	0:39:04
2. Romain REUSCH	0:39:10
3. Axel HENKES	0:48:17

1.	102	00:03:38		207m	17'33"/km
2.	232	00:03:34	00:07:12	192m	18'35"/km
3.	227	00:02:12	00:09:24	149m	14'46"/km
4.	225	00:02:25	00:11:49	196m	12'20"/km
5.	115	00:04:09	00:15:58	329m	12'37"/km
6.	235	00:02:05	00:18:03	185m	11'16"/km
7.	222	00:02:29	00:20:32	168m	14'47"/km
8.	221	00:04:25	00:24:57	152m	29'03"/km
9.	114	00:10:09	00:35:06	387m	26'14"/km
10.	224	00:04:01	00:39:07	190m	21'08"/km
11.	238	00:02:02	00:41:09	150m	13'33"/km
12.	106	00:07:05	00:48:14	445m	15'55"/km
13.	105	00:02:13	00:50:27	82m	27'02"/km
14.	120	00:01:52	00:52:19	160m	11'40"/km

HELGA



Orienteering Software