



**Training Volmersberg**  
**Volmersberg 27.10.2024**  
**O.L.G. St. Vith ARDOC**

**Astrid KUPPER**

O.L.V. Eifel

Strecke : D:01

Länge : 6580m (Steigung 190m)

Zeit : 1:24:42 (12'52"/km)

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O.K.

[Vollständige Ergebnisse auf Webres](#)

1.	214	00:01:41		164m	10'16"/km
2.	221	00:02:22	00:04:03	218m	10'51"/km
3.	222	00:02:07	00:06:10	219m	9'40"/km
4.	203	00:08:30	00:14:40	674m	12'37"/km
5.	206	00:05:21	00:20:01	348m	15'22"/km
6.	204	00:05:17	00:25:18	352m	15'01"/km
7.	205	00:03:04	00:28:22	210m	14'36"/km
8.	206	00:04:33	00:32:55	293m	15'32"/km
9.	208	00:05:59	00:38:54	488m	12'16"/km
10.	223	00:02:21	00:41:15	206m	11'24"/km
11.	211	00:06:18	00:47:33	395m	15'57"/km
12.	219	00:06:06	00:53:39	761m	8'01"/km
13.	220	00:02:34	00:56:13	185m	13'52"/km
14.	218	00:03:49	01:00:02	159m	24'00"/km
15.	217	00:01:10	01:01:12	85m	13'44"/km
16.	213	00:04:03	01:05:15	402m	10'04"/km
17.	212	00:02:05	01:07:20	220m	9'28"/km
18.	210	00:02:26	01:09:46	199m	12'14"/km
19.	209	00:02:32	01:12:18	145m	17'28"/km
20.	202	00:04:02	01:16:20	251m	16'04"/km
21.	203	00:02:48	01:19:08	206m	13'36"/km
22.	207	00:01:23	01:20:31	122m	11'20"/km
23.	208	00:02:47	01:23:18	201m	13'51"/km
24.	999	00:01:24	01:24:42	77m	18'11"/km

Orienteering Software