



Training Volmersberg

Volmersberg 27.10.2024

O.L.G. St. Vith ARDOC

Daniela MAUSEN

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Strecke : D:02

Länge : 4200m (Steigung 125m)

Zeit : 0:53:38 (12'46"/km)

2/3

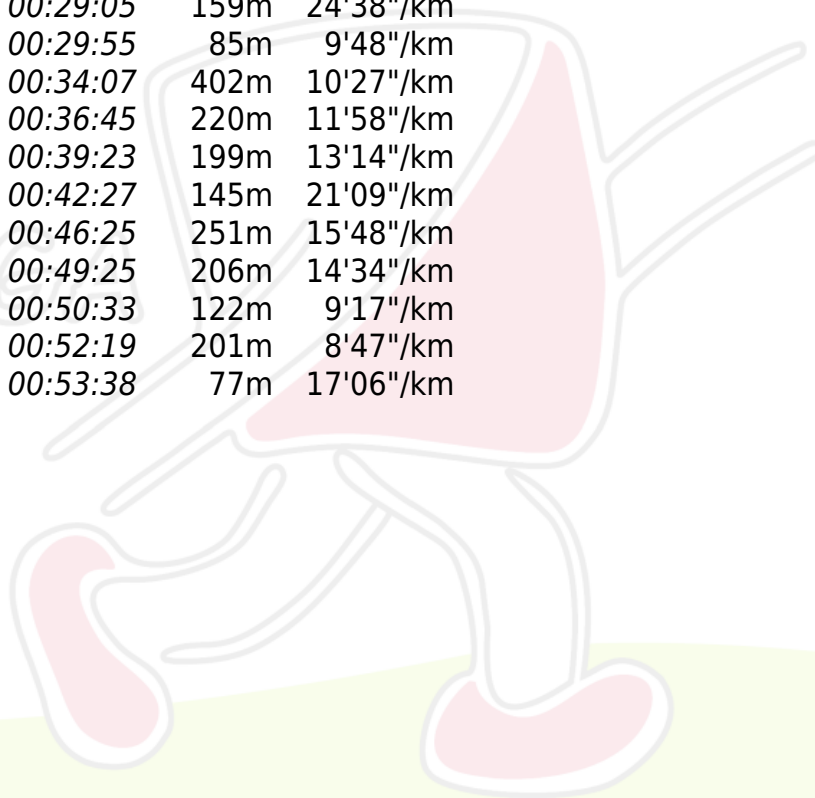
O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Elisabeth HENKES

0:45:55

| | | | | | |
|-----|-----|----------|----------|------|-----------|
| 1. | 214 | 00:01:34 | | 164m | 9'33"/km |
| 2. | 221 | 00:02:31 | 00:04:05 | 218m | 11'33"/km |
| 3. | 222 | 00:02:28 | 00:06:33 | 219m | 11'16"/km |
| 4. | 223 | 00:03:06 | 00:09:39 | 191m | 16'14"/km |
| 5. | 211 | 00:05:22 | 00:15:01 | 395m | 13'35"/km |
| 6. | 219 | 00:07:02 | 00:22:03 | 761m | 9'15"/km |
| 7. | 220 | 00:03:07 | 00:25:10 | 185m | 16'51"/km |
| 8. | 218 | 00:03:55 | 00:29:05 | 159m | 24'38"/km |
| 9. | 217 | 00:00:50 | 00:29:55 | 85m | 9'48"/km |
| 10. | 213 | 00:04:12 | 00:34:07 | 402m | 10'27"/km |
| 11. | 212 | 00:02:38 | 00:36:45 | 220m | 11'58"/km |
| 12. | 210 | 00:02:38 | 00:39:23 | 199m | 13'14"/km |
| 13. | 209 | 00:03:04 | 00:42:27 | 145m | 21'09"/km |
| 14. | 202 | 00:03:58 | 00:46:25 | 251m | 15'48"/km |
| 15. | 203 | 00:03:00 | 00:49:25 | 206m | 14'34"/km |
| 16. | 207 | 00:01:08 | 00:50:33 | 122m | 9'17"/km |
| 17. | 208 | 00:01:46 | 00:52:19 | 201m | 8'47"/km |
| 18. | 999 | 00:01:19 | 00:53:38 | 77m | 17'06"/km |



Orienteering Software