



Training Volmersberg

Volmersberg 27.10.2024

O.L.G. St. Vith ARDOC

Johannes HOCK

O.L.G. St. Vith ARDOC

Strecke : H:01

Länge : 6580m (Steigung 190m)

Zeit : 1:05:58 (10'02"/km)

5/7

O.K.

[Vollständige Ergebnisse auf Webres](#)

- | | |
|------------------|---------|
| 1. Robert THEISS | 0:54:29 |
| 2. Jérémy BREDO | 0:56:19 |
| 3. Guido LENGES | 0:57:45 |

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|-----|-----|----------|----------|------|-----------|
| 1. | 214 | 00:01:46 | | 164m | 10'46"/km |
| 2. | 221 | 00:02:13 | 00:03:59 | 218m | 10'10"/km |
| 3. | 222 | 00:02:36 | 00:06:35 | 219m | 11'52"/km |
| 4. | 203 | 00:06:23 | 00:12:58 | 674m | 9'28"/km |
| 5. | 206 | 00:03:53 | 00:16:51 | 348m | 11'10"/km |
| 6. | 204 | 00:03:38 | 00:20:29 | 352m | 10'19"/km |
| 7. | 205 | 00:02:07 | 00:22:36 | 210m | 10'05"/km |
| 8. | 206 | 00:02:46 | 00:25:22 | 293m | 9'27"/km |
| 9. | 208 | 00:05:04 | 00:30:26 | 488m | 10'23"/km |
| 10. | 223 | 00:01:46 | 00:32:12 | 206m | 8'35"/km |
| 11. | 211 | 00:04:48 | 00:37:00 | 395m | 12'09"/km |
| 12. | 219 | 00:05:30 | 00:42:30 | 761m | 7'14"/km |
| 13. | 220 | 00:02:00 | 00:44:30 | 185m | 10'49"/km |
| 14. | 218 | 00:02:29 | 00:46:59 | 159m | 15'37"/km |
| 15. | 217 | 00:00:48 | 00:47:47 | 85m | 9'25"/km |
| 16. | 213 | 00:03:18 | 00:51:05 | 402m | 8'13"/km |
| 17. | 212 | 00:02:11 | 00:53:16 | 220m | 9'55"/km |
| 18. | 210 | 00:01:58 | 00:55:14 | 199m | 9'53"/km |
| 19. | 209 | 00:02:09 | 00:57:23 | 145m | 14'50"/km |
| 20. | 202 | 00:02:31 | 00:59:54 | 251m | 10'02"/km |
| 21. | 203 | 00:02:00 | 01:01:54 | 206m | 9'43"/km |
| 22. | 207 | 00:01:23 | 01:03:17 | 122m | 11'20"/km |
| 23. | 208 | 00:01:28 | 01:04:45 | 201m | 7'18"/km |
| 24. | 999 | 00:01:13 | 01:05:58 | 77m | 15'48"/km |

Orienteering Software