



Training Volmersberg

Volmersberg 27.10.2024

O.L.G. St. Vith ARDOC

Patrick HOCK

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Strecke : H:01

Länge : 6580m (Steigung 190m)

Zeit : 1:08:52 (10'28"/km)

6/7

O.K.

[Vollständige Ergebnisse auf Webres](#)

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

1.	214	00:01:06		164m	6'42"/km
2.	221	00:02:09	00:03:15	218m	9'52"/km
3.	222	00:01:42	00:04:57	219m	7'46"/km
4.	203	00:06:29	00:11:26	674m	9'37"/km
5.	206	00:03:49	00:15:15	348m	10'58"/km
6.	204	00:03:09	00:18:24	352m	8'57"/km
7.	205	00:02:16	00:20:40	210m	10'48"/km
8.	206	00:02:39	00:23:19	293m	9'03"/km
9.	208	00:06:20	00:29:39	488m	12'59"/km
10.	223	00:02:01	00:31:40	206m	9'47"/km
11.	211	00:05:14	00:36:54	395m	13'15"/km
12.	219	00:05:48	00:42:42	761m	7'37"/km
13.	220	00:02:32	00:45:14	185m	13'42"/km
14.	218	00:02:37	00:47:51	159m	16'27"/km
15.	217	00:01:11	00:49:02	85m	13'55"/km
16.	213	00:03:16	00:52:18	402m	8'08"/km
17.	212	00:02:16	00:54:34	220m	10'18"/km
18.	210	00:01:55	00:56:29	199m	9'38"/km
19.	209	00:02:55	00:59:24	145m	20'07"/km
20.	202	00:02:47	01:02:11	251m	11'05"/km
21.	203	00:02:38	01:04:49	206m	12'47"/km
22.	207	00:01:09	01:05:58	122m	9'26"/km
23.	208	00:01:39	01:07:37	201m	8'13"/km
24.	999	00:01:15	01:08:52	77m	16'14"/km

Orienteering Software