



Training Volmersberg

Trimpfad St.Vith 26.11.2023

O.L.G. St. Vith ARDOC

Stephan HANS

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Strecke : Lang schwer

Länge : 5600m (Steigung 185m)

Zeit : 1:07:28 (12'03"/km)

9/10

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Jérémy BREDO	0:47:58
2. Thomas BREDO	0:51:01
3. Karl SCHWALL	0:57:11

1.	101	00:02:34		268m	9'35"/km
2.	102	00:01:39	00:04:13	187m	8'49"/km
3.	103	00:02:41	00:06:54	219m	12'15"/km
4.	104	00:03:18	00:10:12	347m	9'31"/km
5.	105	00:00:32	00:10:44	54m	9'53"/km
6.	106	00:01:05	00:11:49	111m	9'46"/km
7.	107	00:02:04	00:13:53	182m	11'21"/km
8.	108	00:00:55	00:14:48	76m	12'04"/km
9.	109	00:01:25	00:16:13	224m	6'19"/km
10.	110	00:01:56	00:18:09	105m	18'25"/km
11.	111	00:06:35	00:24:44	259m	25'25"/km
12.	112	00:04:11	00:28:55	250m	16'44"/km
13.	113	00:01:07	00:30:02	92m	12'08"/km
14.	114	00:02:06	00:32:08	199m	10'33"/km
15.	115	00:04:42	00:36:50	285m	16'29"/km
16.	116	00:05:10	00:42:00	484m	10'40"/km
17.	117	00:03:44	00:45:44	293m	12'45"/km
18.	118	00:01:03	00:46:47	77m	13'38"/km
19.	220	00:02:05	00:48:52	233m	8'56"/km
20.	221	00:01:30	00:50:22	97m	15'28"/km
21.	222	00:01:22	00:51:44	57m	23'59"/km
22.	223	00:02:30	00:54:14	115m	21'44"/km
23.	224	00:01:43	00:55:57	119m	14'26"/km
24.	225	00:03:23	00:59:20	366m	9'15"/km
25.	226	00:02:47	01:02:07	342m	8'08"/km
26.	227	00:02:11	01:04:18	244m	8'57"/km
27.	228	00:02:13	01:06:31	182m	12'11"/km
28.	120	00:00:57	01:07:28	98m	9'42"/km

Orienteering Software