



Training SO Bechefa
SO Bechefa 18.2.2024
OLV Eifel

Guido LENGES

OLV Eifel

Course : H:Schwarz lang

Distance : 6080m

Time : 0:58:44 (9'40"/km)

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O.K.

[Full result on Webres](#)

1. Jérémy BREDO
3. Klaus SCHWALL

0:55:33
1:01:50

1.	101	00:01:57		318m	6'08"/km
2.	102	00:02:28	00:04:25	310m	7'57"/km
3.	103	00:01:14	00:05:39	170m	7'15"/km
4.	104	00:05:52	00:11:31	565m	10'23"/km
5.	105	00:08:00	00:19:31	109m	73'24"/km
6.	106	00:01:04	00:20:35	144m	7'24"/km
7.	107	00:01:37	00:22:12	132m	12'15"/km
8.	108	00:00:57	00:23:09	174m	5'28"/km
9.	109	00:00:42	00:23:51	107m	6'33"/km
10.	110	00:00:38	00:24:29	111m	5'42"/km
11.	111	00:01:06	00:25:35	131m	8'24"/km
12.	112	00:01:49	00:27:24	220m	8'15"/km
13.	113	00:01:56	00:29:20	231m	8'22"/km
14.	114	00:02:25	00:31:45	414m	5'50"/km
15.	115	00:01:19	00:33:04	195m	6'45"/km
16.	116	00:02:24	00:35:28	182m	13'11"/km
17.	241	00:01:36	00:37:04	211m	7'35"/km
18.	242	00:01:19	00:38:23	192m	6'51"/km
19.	243	00:01:53	00:40:16	167m	11'17"/km
20.	117	00:00:40	00:40:56	121m	5'31"/km
21.	118	00:02:30	00:43:26	371m	6'44"/km
22.	220	00:02:29	00:45:55	221m	11'14"/km
23.	221	00:02:45	00:48:40	238m	11'33"/km
24.	222	00:01:13	00:49:53	104m	11'42"/km
25.	223	00:01:22	00:51:15	142m	9'37"/km
26.	224	00:02:27	00:53:42	115m	21'18"/km
27.	225	00:01:19	00:55:01	113m	11'39"/km
28.	226	00:00:56	00:55:57	113m	8'16"/km
29.	227	00:01:15	00:57:12	180m	6'57"/km
30.	228	00:00:57	00:58:09	149m	6'23"/km
31.	120	00:00:35	00:58:44	130m	4'29"/km