



Training SO Bechefa

SO Bechefa 18.2.2024

OLV Eifel

Stephan HANS

O.L.G. St. Vith ARDOC

Course : H:Schwarz lang

Distance : 6080m

Time : 1:07:43 (11'08"/km)

4/9

O.K.

[Full result on Webres](#)

1. Jérémy BREDO	0:55:33
2. Guido LENGES	0:58:44
3. Klaus SCHWALL	1:01:50

1.	101	00:02:42		318m	8'29"/km
2.	102	00:03:02	00:05:44	310m	9'47"/km
3.	103	00:01:51	00:07:35	170m	10'53"/km
4.	104	00:06:26	00:14:01	565m	11'23"/km
5.	105	00:02:37	00:16:38	109m	24'00"/km
6.	106	00:01:16	00:17:54	144m	8'48"/km
7.	107	00:02:18	00:20:12	132m	17'25"/km
8.	108	00:01:18	00:21:30	174m	7'28"/km
9.	109	00:00:51	00:22:21	107m	7'57"/km
10.	110	00:01:05	00:23:26	111m	9'46"/km
11.	111	00:02:08	00:25:34	131m	16'17"/km
12.	112	00:04:40	00:30:14	220m	21'13"/km
13.	113	00:02:08	00:32:22	231m	9'14"/km
14.	114	00:03:13	00:35:35	414m	7'46"/km
15.	115	00:01:54	00:37:29	195m	9'45"/km
16.	116	00:01:59	00:39:28	182m	10'54"/km
17.	241	00:02:54	00:42:22	211m	13'45"/km
18.	242	00:01:42	00:44:04	192m	8'51"/km
19.	243	00:02:10	00:46:14	167m	12'58"/km
20.	117	00:00:50	00:47:04	121m	6'53"/km
21.	118	00:03:35	00:50:39	371m	9'40"/km
22.	220	00:03:21	00:54:00	221m	15'10"/km
23.	221	00:02:33	00:56:33	238m	10'43"/km
24.	222	00:01:20	00:57:53	104m	12'49"/km
25.	223	00:01:52	00:59:45	142m	13'09"/km
26.	224	00:01:26	01:01:11	115m	12'28"/km
27.	225	00:01:40	01:02:51	113m	14'45"/km
28.	226	00:01:11	01:04:02	113m	10'28"/km
29.	227	00:01:43	01:05:45	180m	9'32"/km
30.	228	00:01:12	01:06:57	149m	8'03"/km
31.	120	00:00:46	01:07:43	130m	5'54"/km