



Training Volmersberg

Trimpfad St.Vith 26.11.2023

O.L.G. St. Vith ARDOC

Patrick HOCK

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Strecke : Lang schwer

Länge : 5600m (Steigung 185m)

Zeit : 0:58:45 (10'29"/km)

4/10

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	00:02:39		268m	9'53"/km
2.	102	00:01:51	00:04:30	187m	9'54"/km
3.	103	00:02:51	00:07:21	219m	13'01"/km
4.	104	00:03:21	00:10:42	347m	9'39"/km
5.	105	00:00:36	00:11:18	54m	11'07"/km
6.	106	00:01:07	00:12:25	111m	10'04"/km
7.	107	00:02:04	00:14:29	182m	11'21"/km
8.	108	00:00:49	00:15:18	76m	10'45"/km
9.	109	00:01:24	00:16:42	224m	6'15"/km
10.	110	00:01:53	00:18:35	105m	17'56"/km
11.	111	00:02:15	00:20:50	259m	8'41"/km
12.	112	00:02:01	00:22:51	250m	8'04"/km
13.	113	00:00:51	00:23:42	92m	9'14"/km
14.	114	00:01:58	00:25:40	199m	9'53"/km
15.	115	00:03:30	00:29:10	285m	12'17"/km
16.	116	00:03:40	00:32:50	484m	7'35"/km
17.	117	00:04:46	00:37:36	293m	16'16"/km
18.	118	00:00:39	00:38:15	77m	8'26"/km
19.	220	00:02:06	00:40:21	233m	9'01"/km
20.	221	00:02:01	00:42:22	97m	20'47"/km
21.	222	00:00:45	00:43:07	57m	13'09"/km
22.	223	00:01:33	00:44:40	115m	13'29"/km
23.	224	00:01:51	00:46:31	119m	15'33"/km
24.	225	00:03:16	00:49:47	366m	8'56"/km
25.	226	00:02:52	00:52:39	342m	8'23"/km
26.	227	00:02:41	00:55:20	244m	11'00"/km
27.	228	00:02:30	00:57:50	182m	13'44"/km
28.	120	00:00:55	00:58:45	98m	9'21"/km

Orienteering Software