



Training Volmersberg

Trimpfad St.Vith 26.11.2023

O.L.G. St. Vith ARDOC

Michael HOCK

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Strecke : Lang schwer

Länge : 5600m (Steigung 185m)

Zeit : 1:04:50 (11'35"/km)

7/10

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	00:02:20		268m	8'42"/km
2.	102	00:02:08	00:04:28	187m	11'24"/km
3.	103	00:02:45	00:07:13	219m	12'33"/km
4.	104	00:03:31	00:10:44	347m	10'08"/km
5.	105	00:00:34	00:11:18	54m	10'30"/km
6.	106	00:01:46	00:13:04	111m	15'55"/km
7.	107	00:02:42	00:15:46	182m	14'50"/km
8.	108	00:00:45	00:16:31	76m	9'52"/km
9.	109	00:01:36	00:18:07	224m	7'09"/km
10.	110	00:01:42	00:19:49	105m	16'11"/km
11.	111	00:05:10	00:24:59	259m	19'57"/km
12.	112	00:02:13	00:27:12	250m	8'52"/km
13.	113	00:00:52	00:28:04	92m	9'25"/km
14.	114	00:01:52	00:29:56	199m	9'23"/km
15.	115	00:03:07	00:33:03	285m	10'56"/km
16.	116	00:03:54	00:36:57	484m	8'03"/km
17.	117	00:05:22	00:42:19	293m	18'19"/km
18.	118	00:01:13	00:43:32	77m	15'48"/km
19.	220	00:01:59	00:45:31	233m	8'31"/km
20.	221	00:01:42	00:47:13	97m	17'32"/km
21.	222	00:01:00	00:48:13	57m	17'33"/km
22.	223	00:01:49	00:50:02	115m	15'48"/km
23.	224	00:02:01	00:52:03	119m	16'57"/km
24.	225	00:03:20	00:55:23	366m	9'06"/km
25.	226	00:03:21	00:58:44	342m	9'48"/km
26.	227	00:02:59	01:01:43	244m	12'14"/km
27.	228	00:02:07	01:03:50	182m	11'38"/km
28.	120	00:01:00	01:04:50	98m	10'12"/km

Orienteering Software