



Training SO Bechefa
SO Bechefa 18.2.2024
OLV Eifel

Jürgen LOO

O.L.G. St. Vith ARDOC

Course : H:Schwarz lang

Distance : 6080m

Time : 1:08:55 (11'20"/km)

5/9

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	00:02:19		318m	7'17"/km
2.	102	00:02:43	00:05:02	310m	8'46"/km
3.	103	00:01:30	00:06:32	170m	8'49"/km
4.	104	00:07:01	00:13:33	565m	12'25"/km
5.	105	00:01:40	00:15:13	109m	15'17"/km
6.	106	00:00:55	00:16:08	144m	6'22"/km
7.	107	00:02:02	00:18:10	132m	15'24"/km
8.	108	00:01:15	00:19:25	174m	7'11"/km
9.	109	00:00:51	00:20:16	107m	7'57"/km
10.	110	00:01:01	00:21:17	111m	9'10"/km
11.	111	00:01:23	00:22:40	131m	10'34"/km
12.	112	00:02:28	00:25:08	220m	11'13"/km
13.	113	00:02:14	00:27:22	231m	9'40"/km
14.	114	00:03:31	00:30:53	414m	8'30"/km
15.	115	00:01:51	00:32:44	195m	9'29"/km
16.	116	00:01:48	00:34:32	182m	9'53"/km
17.	241	00:05:26	00:39:58	211m	25'45"/km
18.	242	00:01:36	00:41:34	192m	8'20"/km
19.	243	00:02:38	00:44:12	167m	15'46"/km
20.	117	00:01:17	00:45:29	121m	10'36"/km
21.	118	00:03:46	00:49:15	371m	10'09"/km
22.	220	00:02:52	00:52:07	221m	12'58"/km
23.	221	00:03:18	00:55:25	238m	13'52"/km
24.	222	00:01:20	00:56:45	104m	12'49"/km
25.	223	00:01:56	00:58:41	142m	13'37"/km
26.	224	00:01:39	01:00:20	115m	14'21"/km
27.	225	00:01:55	01:02:15	113m	16'58"/km
28.	226	00:01:32	01:03:47	113m	13'34"/km
29.	227	00:02:45	01:06:32	180m	15'17"/km
30.	228	00:01:33	01:08:05	149m	10'24"/km
31.	120	00:00:50	01:08:55	130m	6'25"/km