



Training Volmersberg

Sankt Vith 2.6.2024

O.L.G. St. Vith ARDOC

Caroline MARGREVE

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Percurso : D:Schwarz lang

Distancia : 5800m

Tempo : 1:26:40 (14'57"/km)

3/3

O.K.

[Resultados completos em Webres](#)

- | | |
|---------------------|---------|
| 1. Anabel SCHNEIDER | 1:00:31 |
| 2. Astrid KUPPER | 1:05:15 |

1.	101	00:03:06		220m	14'05"/km
2.	102	00:01:35	00:04:41	188m	8'25"/km
3.	103	00:03:31	00:08:12	200m	17'35"/km
4.	104	00:03:04	00:11:16	159m	19'17"/km
5.	105	00:03:49	00:15:05	416m	9'10"/km
6.	106	00:02:08	00:17:13	159m	13'25"/km
7.	107	00:01:59	00:19:12	123m	16'07"/km
8.	108	00:01:29	00:20:41	175m	8'29"/km
9.	109	00:01:04	00:21:45	85m	12'33"/km
10.	110	00:02:04	00:23:49	146m	14'09"/km
11.	111	00:03:04	00:26:53	262m	11'42"/km
12.	112	00:01:20	00:28:13	132m	10'06"/km
13.	113	00:07:29	00:35:42	405m	18'29"/km
14.	114	00:03:21	00:39:03	219m	15'18"/km
15.	115	00:07:19	00:46:22	428m	17'06"/km
16.	226	00:02:00	00:48:22	160m	12'30"/km
17.	117	00:04:00	00:52:22	255m	15'41"/km
18.	118	00:04:19	00:56:41	166m	26'00"/km
19.	220	00:01:17	00:57:58	147m	8'44"/km
20.	221	00:01:20	00:59:18	138m	9'40"/km
21.	229	00:01:46	01:01:04	82m	21'33"/km
22.	222	00:02:53	01:03:57	202m	14'16"/km
23.	223	00:03:19	01:07:16	157m	21'08"/km
24.	224	00:07:06	01:14:22	203m	34'59"/km
25.	235	00:01:45	01:16:07	154m	11'22"/km
26.	231	00:03:08	01:19:15	295m	10'37"/km
27.	228	00:02:59	01:22:14	172m	17'21"/km
28.	232	00:02:28	01:24:42	80m	30'50"/km
29.	230	00:01:16	01:25:58	104m	12'11"/km
30.	120	00:00:42	01:26:40	127m	5'31"/km