



Training Volmersberg
Sankt Vith 2.6.2024
O.L.G. St. Vith ARDOC

Maria HENKES

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Circuit : D:Schwarz kurz

Distance : 3800m

Temps : 0:50:30 (13'17"/km)

1/1

O.K.

[Résultats complets sur Webres](#)

1.	227	00:01:45		168m	10'25"/km
2.	102	00:02:45	00:04:30	256m	10'45"/km
3.	103	00:02:56	00:07:26	200m	14'40"/km
4.	104	00:02:46	00:10:12	159m	17'24"/km
5.	233	00:01:41	00:11:53	103m	16'21"/km
6.	113	00:02:58	00:14:51	95m	31'14"/km
7.	234	00:05:47	00:20:38	312m	18'32"/km
8.	240	00:02:33	00:23:11	206m	12'23"/km
9.	226	00:02:34	00:25:45	178m	14'25"/km
10.	118	00:04:14	00:29:59	315m	13'26"/km
11.	220	00:01:39	00:31:38	147m	11'13"/km
12.	229	00:01:58	00:33:36	119m	16'32"/km
13.	221	00:01:00	00:34:36	82m	12'12"/km
14.	220	00:01:17	00:35:53	138m	9'18"/km
15.	222	00:01:25	00:37:18		
16.	223	00:02:08	00:39:26	157m	13'35"/km
17.	224	00:02:14	00:41:40	203m	11'00"/km
18.	235	00:01:58	00:43:38	154m	12'46"/km
19.	231	00:02:55	00:46:33	295m	9'53"/km
20.	232	00:01:41	00:48:14	145m	11'37"/km
21.	230	00:01:13	00:49:27	104m	11'42"/km
22.	120	00:01:03	00:50:30	127m	8'16"/km

Orienteering Software