



Training Volmersberg

Sankt Vith 2.6.2024

O.L.G. St. Vith ARDOC

Jérémy BREDO

OLV Eifel

Percurso : H:Schwarz lang

Distancia : 5800m

Tempo : 0:44:03 (7'36"/km)

1/12

O.K.

[Resultados completos em Webres](#)

2. Robert THEISS 0:48:34
3. Stephan HANS 0:53:26

1.	101	00:01:14		220m	5'36"/km
2.	102	00:01:13	00:02:27	188m	6'28"/km
3.	103	00:01:34	00:04:01	200m	7'50"/km
4.	104	00:01:04	00:05:05	159m	6'43"/km
5.	105	00:02:34	00:07:39	416m	6'10"/km
6.	106	00:00:46	00:08:25	159m	4'49"/km
7.	107	00:00:59	00:09:24	123m	8'00"/km
8.	108	00:01:01	00:10:25	175m	5'49"/km
9.	109	00:00:46	00:11:11	85m	9'01"/km
10.	110	00:01:08	00:12:19	146m	7'46"/km
11.	111	00:01:46	00:14:05	262m	6'45"/km
12.	112	00:00:50	00:14:55	132m	6'19"/km
13.	113	00:05:01	00:19:56	405m	12'23"/km
14.	114	00:01:39	00:21:35	219m	7'32"/km
15.	115	00:03:35	00:25:10	428m	8'22"/km
16.	226	00:01:10	00:26:20	160m	7'18"/km
17.	117	00:02:27	00:28:47	255m	9'36"/km
18.	118	00:01:43	00:30:30	166m	10'20"/km
19.	220	00:00:56	00:31:26	147m	6'21"/km
20.	221	00:00:43	00:32:09	138m	5'12"/km
21.	229	00:00:32	00:32:41	82m	6'30"/km
22.	222	00:01:11	00:33:52	202m	5'51"/km
23.	223	00:01:45	00:35:37	157m	11'09"/km
24.	224	00:01:52	00:37:29	203m	9'12"/km
25.	235	00:01:05	00:38:34	154m	7'02"/km
26.	231	00:01:43	00:40:17	295m	5'49"/km
27.	228	00:01:25	00:41:42	172m	8'14"/km
28.	232	00:00:56	00:42:38	80m	11'40"/km
29.	230	00:00:46	00:43:24	104m	7'22"/km
30.	120	00:00:39	00:44:03	127m	5'07"/km