



Training Volmersberg

Sankt Vith 2.6.2024

O.L.G. St. Vith ARDOC

Stephan HANS

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Course : H:Schwarz lang

Distance : 5800m

Time : 0:53:26 (9'13"/km)

3/12

O.K.

[Full result on Webres](#)

1. Jérémy BREDO
2. Robert THEISS

0:44:03
0:48:34

1.	101	00:01:32		220m	6'58"/km
2.	102	00:01:29	00:03:01	188m	7'53"/km
3.	103	00:01:32	00:04:33	200m	7'40"/km
4.	104	00:01:37	00:06:10	159m	10'10"/km
5.	105	00:03:08	00:09:18	416m	7'32"/km
6.	106	00:01:08	00:10:26	159m	7'08"/km
7.	107	00:02:05	00:12:31	123m	16'56"/km
8.	108	00:01:14	00:13:45	175m	7'03"/km
9.	109	00:00:51	00:14:36	85m	10'00"/km
10.	110	00:01:25	00:16:01	146m	9'42"/km
11.	111	00:02:03	00:18:04	262m	7'49"/km
12.	112	00:01:13	00:19:17	132m	9'13"/km
13.	113	00:04:08	00:23:25	405m	10'12"/km
14.	114	00:01:55	00:25:20	219m	8'45"/km
15.	115	00:05:31	00:30:51	428m	12'53"/km
16.	226	00:01:35	00:32:26	160m	9'54"/km
17.	117	00:02:34	00:35:00	255m	10'04"/km
18.	118	00:02:20	00:37:20	166m	14'03"/km
19.	220	00:01:09	00:38:29	147m	7'49"/km
20.	221	00:00:55	00:39:24	138m	6'39"/km
21.	229	00:00:39	00:40:03	82m	7'56"/km
22.	222	00:01:44	00:41:47	202m	8'35"/km
23.	223	00:01:31	00:43:18	157m	9'40"/km
24.	224	00:01:56	00:45:14	203m	9'31"/km
25.	235	00:01:21	00:46:35	154m	8'46"/km
26.	231	00:02:06	00:48:41	295m	7'07"/km
27.	228	00:01:51	00:50:32	172m	10'45"/km
28.	232	00:01:13	00:51:45	80m	15'12"/km
29.	230	00:00:58	00:52:43	104m	9'18"/km
30.	120	00:00:43	00:53:26	127m	5'39"/km