



Training Volmersberg

Sankt Vith 2.6.2024

O.L.G. St. Vith ARDOC

Marc SCHNELL

Indiv.

Strecke : H:Schwarz lang

Länge : 5800m

Zeit : 0:58:00 (10'00"/km)

5/12

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Jérémy BREDO	0:44:03
2. Robert THEISS	0:48:34
3. Stephan HANS	0:53:26

1.	101	00:01:23		220m	6'17"/km
2.	102	00:01:23	00:02:46	188m	7'21"/km
3.	103	00:01:22	00:04:08	200m	6'50"/km
4.	104	00:01:25	00:05:33	159m	8'55"/km
5.	105	00:03:29	00:09:02	416m	8'22"/km
6.	106	00:01:05	00:10:07	159m	6'49"/km
7.	107	00:01:05	00:11:12	123m	8'48"/km
8.	108	00:01:16	00:12:28	175m	7'14"/km
9.	109	00:00:57	00:13:25	85m	11'11"/km
10.	110	00:01:40	00:15:05	146m	11'25"/km
11.	111	00:02:05	00:17:10	262m	7'57"/km
12.	112	00:01:04	00:18:14	132m	8'05"/km
13.	113	00:04:04	00:22:18	405m	10'02"/km
14.	114	00:02:06	00:24:24	219m	9'35"/km
15.	115	00:05:29	00:29:53	428m	12'49"/km
16.	226	00:01:24	00:31:17	160m	8'45"/km
17.	117	00:02:44	00:34:01	255m	10'43"/km
18.	118	00:02:42	00:36:43	166m	16'16"/km
19.	220	00:02:14	00:38:57	147m	15'12"/km
20.	221	00:01:05	00:40:02	138m	7'51"/km
21.	229	00:00:49	00:40:51	82m	9'58"/km
22.	222	00:02:27	00:43:18	202m	12'08"/km
23.	223	00:02:15	00:45:33	157m	14'20"/km
24.	224	00:01:55	00:47:28	203m	9'27"/km
25.	235	00:01:42	00:49:10	154m	11'02"/km
26.	231	00:02:19	00:51:29	295m	7'51"/km
27.	228	00:03:02	00:54:31	172m	17'38"/km
28.	232	00:01:42	00:56:13	80m	21'15"/km
29.	230	00:00:58	00:57:11	104m	9'18"/km
30.	120	00:00:49	00:58:00	127m	6'26"/km