



Training Volmersberg

Sankt Vith 2.6.2024

O.L.G. St. Vith ARDOC

Karl SCHWALL

OLV Eifel

Strecke : H:Schwarz lang

Länge : 5800m

Zeit : 1:03:48 (11'00"/km)

6/12

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	00:01:17		220m	5'50"/km
2.	102	00:01:30	00:02:47	188m	7'59"/km
3.	103	00:01:39	00:04:26	200m	8'15"/km
4.	104	00:01:46	00:06:12	159m	11'07"/km
5.	105	00:03:23	00:09:35	416m	8'08"/km
6.	106	00:01:09	00:10:44	159m	7'14"/km
7.	107	00:02:19	00:13:03	123m	18'50"/km
8.	108	00:01:47	00:14:50	175m	10'11"/km
9.	109	00:00:45	00:15:35	85m	8'49"/km
10.	110	00:01:55	00:17:30	146m	13'08"/km
11.	111	00:02:15	00:19:45	262m	8'35"/km
12.	112	00:01:06	00:20:51	132m	8'20"/km
13.	113	00:06:38	00:27:29	405m	16'23"/km
14.	114	00:02:13	00:29:42	219m	10'07"/km
15.	115	00:06:03	00:35:45	428m	14'08"/km
16.	226	00:01:39	00:37:24	160m	10'19"/km
17.	117	00:03:24	00:40:48	255m	13'20"/km
18.	118	00:02:47	00:43:35	166m	16'46"/km
19.	220	00:01:43	00:45:18	147m	11'41"/km
20.	221	00:01:00	00:46:18	138m	7'15"/km
21.	229	00:01:02	00:47:20	82m	12'36"/km
22.	222	00:01:48	00:49:08	202m	8'55"/km
23.	223	00:01:26	00:50:34	157m	9'08"/km
24.	224	00:01:53	00:52:27	203m	9'17"/km
25.	235	00:01:49	00:54:16	154m	11'48"/km
26.	231	00:02:29	00:56:45	295m	8'25"/km
27.	232	00:01:27	00:58:12	145m	10'00"/km
28.	228	00:02:28	01:00:40	80m	30'50"/km
29.	232	00:01:20	01:02:00	80m	16'40"/km
30.	230	00:00:56	01:02:56	104m	8'58"/km
31.	120	00:00:52	01:03:48	127m	6'49"/km