



Training Volmersberg

Sankt Vith 2.6.2024

O.L.G. St. Vith ARDOC

Freddy HENKES

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Course : H:Schwarz lang

Distance : 5800m

Time : 1:04:26 (11'07"/km)

7/12

O.K.

[Full result on Webres](#)

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

1.	101	00:01:38		220m	7'25"/km
2.	102	00:01:50	00:03:28	188m	9'45"/km
3.	103	00:01:46	00:05:14	200m	8'50"/km
4.	104	00:01:53	00:07:07	159m	11'51"/km
5.	105	00:03:50	00:10:57	416m	9'13"/km
6.	106	00:01:09	00:12:06	159m	7'14"/km
7.	107	00:01:32	00:13:38	123m	12'28"/km
8.	108	00:01:27	00:15:05	175m	8'17"/km
9.	109	00:01:04	00:16:09	85m	12'33"/km
10.	110	00:02:08	00:18:17	146m	14'37"/km
11.	111	00:02:59	00:21:16	262m	11'23"/km
12.	112	00:01:24	00:22:40	132m	10'36"/km
13.	113	00:04:34	00:27:14	405m	11'17"/km
14.	114	00:02:34	00:29:48	219m	11'43"/km
15.	115	00:07:17	00:37:05	428m	17'01"/km
16.	226	00:01:44	00:38:49	160m	10'50"/km
17.	117	00:03:04	00:41:53	255m	12'02"/km
18.	118	00:03:15	00:45:08	166m	19'35"/km
19.	220	00:01:36	00:46:44	147m	10'53"/km
20.	221	00:01:19	00:48:03	138m	9'32"/km
21.	229	00:00:58	00:49:01	82m	11'47"/km
22.	222	00:01:57	00:50:58	202m	9'39"/km
23.	223	00:01:46	00:52:44	157m	11'15"/km
24.	224	00:01:58	00:54:42	203m	9'41"/km
25.	235	00:02:04	00:56:46	154m	13'25"/km
26.	231	00:02:30	00:59:16	295m	8'28"/km
27.	228	00:01:53	01:01:09	172m	10'57"/km
28.	232	00:01:17	01:02:26	80m	16'03"/km
29.	230	00:01:02	01:03:28	104m	9'56"/km
30.	120	00:00:58	01:04:26	127m	7'37"/km