



Training Volmersberg

Sankt Vith 2.6.2024

O.L.G. St. Vith ARDOC

Arthur HEUKEMES

Indiv.

Course : H:Schwarz lang

Distance : 5800m

Time : 1:22:15 (14'11"/km)

9/12

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	00:01:33		220m	7'03"/km
2.	102	00:01:42	00:03:15	188m	9'03"/km
3.	103	00:02:05	00:05:20	200m	10'25"/km
4.	104	00:02:14	00:07:34	159m	14'03"/km
5.	105	00:05:09	00:12:43	416m	12'23"/km
6.	106	00:01:15	00:13:58	159m	7'52"/km
7.	107	00:01:43	00:15:41	123m	13'57"/km
8.	108	00:01:27	00:17:08	175m	8'17"/km
9.	109	00:05:59	00:23:07	85m	70'24"/km
10.	110	00:02:22	00:25:29	146m	16'13"/km
11.	111	00:02:03	00:27:32	262m	7'49"/km
12.	112	00:01:18	00:28:50	132m	9'51"/km
13.	113	00:08:10	00:37:00	405m	20'10"/km
14.	114	00:01:49	00:38:49	219m	8'18"/km
15.	115	00:06:25	00:45:14	428m	15'00"/km
16.	226	00:02:07	00:47:21	160m	13'14"/km
17.	117	00:06:33	00:53:54	255m	25'41"/km
18.	118	00:02:21	00:56:15	166m	14'09"/km
19.	220	00:02:04	00:58:19	147m	14'04"/km
20.	221	00:01:10	00:59:29	138m	8'27"/km
21.	229	00:00:42	01:00:11	82m	8'32"/km
22.	222	00:03:57	01:04:08	202m	19'33"/km
23.	223	00:02:15	01:06:23	157m	14'20"/km
24.	224	00:03:24	01:09:47	203m	16'45"/km
25.	235	00:01:30	01:11:17	154m	9'44"/km
26.	231	00:02:06	01:13:23	295m	7'07"/km
27.	228	00:03:14	01:16:37	172m	18'48"/km
28.	232	00:02:25	01:19:02	80m	30'12"/km
29.	230	00:02:34	01:21:36	104m	24'41"/km
30.	120	00:00:39	01:22:15	127m	5'07"/km