



Training Volmersberg

Sankt Vith 2.6.2024

O.L.G. St. Vith ARDOC

Axel HENKES

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Percurso : H:Blau

Distancia : 3400m

Tempo : 0:55:35 (16'21"/km)

1/2

O.K.

[Resultados completos em Webres](#)

2. Heribert HAACK

0:59:36

1.	236	00:01:17		148m	8'40"/km
2.	237	00:03:24	00:04:41	252m	13'30"/km
3.	105	00:03:37	00:08:18	336m	10'46"/km
4.	107	00:02:06	00:10:24	149m	14'06"/km
5.	111	00:03:37	00:14:01	196m	18'27"/km
6.	104	00:04:33	00:18:34	274m	16'36"/km
7.	113	00:03:17	00:21:51	170m	19'19"/km
8.	238	00:04:47	00:26:38	252m	18'59"/km
9.	231	00:02:13	00:28:51	167m	13'16"/km
10.	230	00:02:02	00:30:53	195m	10'26"/km
11.	224	00:06:53	00:37:46	220m	31'17"/km
12.	223	00:03:53	00:41:39	203m	19'08"/km
13.	241	00:04:49	00:46:28	117m	41'10"/km
14.	239	00:02:02	00:48:30	180m	11'18"/km
15.	235	00:03:48	00:52:18	290m	13'06"/km
16.	116	00:01:59	00:54:17	139m	14'16"/km
17.	120	00:01:18	00:55:35	105m	12'23"/km

Orienteering Software