



Training Volmersberg Volmersberg 27.10.2024 O.L.G. St. Vith ARDOC

Elisabeth HENKES

O.L.G. St. Vith ARDOC

Strecke : D:02

Länge : 4200m (Steigung 125m)

Zeit : 0:45:55 (10'56"/km)

1/3

O.K.

[Vollständige Ergebnisse auf Webres](#)

2. Daniela MAUSEN

0:53:38

1.	214	00:01:24		164m	8'32"/km
2.	221	00:02:23	00:03:47	218m	10'56"/km
3.	222	00:02:45	00:06:32	219m	12'33"/km
4.	223	00:02:41	00:09:13	191m	14'03"/km
5.	211	00:04:57	00:14:10	395m	12'32"/km
6.	219	00:06:08	00:20:18	761m	8'04"/km
7.	220	00:02:33	00:22:51	185m	13'47"/km
8.	218	00:02:53	00:25:44	159m	18'08"/km
9.	217	00:00:44	00:26:28	85m	8'38"/km
10.	213	00:03:26	00:29:54	402m	8'32"/km
11.	212	00:01:56	00:31:50	220m	8'47"/km
12.	210	00:02:15	00:34:05	199m	11'18"/km
13.	209	00:02:03	00:36:08	145m	14'08"/km
14.	202	00:02:38	00:38:46	251m	10'29"/km
15.	203	00:02:24	00:41:10	206m	11'39"/km
16.	207	00:01:18	00:42:28	122m	10'39"/km
17.	208	00:02:10	00:44:38	201m	10'47"/km
18.	999	00:01:17	00:45:55	77m	16'40"/km

Orienteering Software