



# Training Volmersberg

## St.Vith 25.1.2025

### O.L.G. St. Vith ARDOC

**Michael HOCK**

O.L.G. St. Vith ARDOC

Circuit : A schwarz lang

Distance : 5900m

Temps : 1:03:03 (10'41"/km)

**3/12**

O.K.

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- |                 |         |
|-----------------|---------|
| 1. Luca LENGES  | 0:52:51 |
| 2. Thomas BREDO | 0:55:58 |

|     |     |          |          |      |           |
|-----|-----|----------|----------|------|-----------|
| 1.  | 203 | 00:01:48 |          | 316m | 5'42"/km  |
| 2.  | 202 | 00:01:43 | 00:03:31 | 105m | 16'21"/km |
| 3.  | 216 | 00:01:20 | 00:04:51 | 189m | 7'03"/km  |
| 4.  | 217 | 00:01:54 | 00:06:45 | 141m | 13'29"/km |
| 5.  | 218 | 00:01:43 | 00:08:28 | 192m | 8'56"/km  |
| 6.  | 219 | 00:01:57 | 00:10:25 | 193m | 10'06"/km |
| 7.  | 220 | 00:00:33 | 00:10:58 | 67m  | 8'13"/km  |
| 8.  | 221 | 00:01:57 | 00:12:55 | 120m | 16'15"/km |
| 9.  | 222 | 00:02:28 | 00:15:23 | 97m  | 25'26"/km |
| 10. | 223 | 00:02:20 | 00:17:43 | 261m | 8'56"/km  |
| 11. | 203 | 00:02:55 | 00:20:38 | 310m | 9'25"/km  |
| 12. | 201 | 00:04:35 | 00:25:13 | 268m | 17'06"/km |
| 13. | 205 | 00:05:04 | 00:30:17 | 489m | 10'22"/km |
| 14. | 212 | 00:03:53 | 00:34:10 | 384m | 10'07"/km |
| 15. | 208 | 00:01:29 | 00:35:39 | 154m | 9'38"/km  |
| 16. | 210 | 00:03:53 | 00:39:32 | 264m | 14'43"/km |
| 17. | 211 | 00:01:40 | 00:41:12 | 218m | 7'39"/km  |
| 18. | 225 | 00:02:40 | 00:43:52 | 201m | 13'16"/km |
| 19. | 209 | 00:01:18 | 00:45:10 | 138m | 9'25"/km  |
| 20. | 213 | 00:03:12 | 00:48:22 | 365m | 8'46"/km  |
| 21. | 224 | 00:03:17 | 00:51:39 | 377m | 8'43"/km  |
| 22. | 204 | 00:01:54 | 00:53:33 | 201m | 9'27"/km  |
| 23. | 201 | 00:03:38 | 00:57:11 | 231m | 15'44"/km |
| 24. | 214 | 00:02:34 | 00:59:45 | 285m | 9'00"/km  |
| 25. | 207 | 00:02:30 | 01:02:15 | 272m | 9'11"/km  |
| 26. | 999 | 00:00:48 | 01:03:03 | 68m  | 11'46"/km |

Orienteering Software