



Training Volmersberg

St.Vith 25.1.2025

O.L.G. St. Vith ARDOC

Christian KRINGS

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Course : C Blau kurz

Distance : 3600m

Time : 0:52:58 (14'43"/km)

1/6

O.K.

[Full result on Webres](#)

- 2. Gabriel HOCK
- 3. Celina HENKES

1:18:33
1:29:54

1.	221	00:03:33		
2.	57	00:01:39	00:05:12	
3.	223	00:02:01	00:07:13	
4.	53	00:02:14	00:09:27	
5.	54	00:01:12	00:10:39	
6.	224	00:01:52	00:12:31	
7.	225	00:01:32	00:14:03	
8.	49	00:01:59	00:16:02	
9.	40	00:02:18	00:18:20	
10.	37	00:00:53	00:19:13	
11.	232	00:00:32	00:19:45	
12.	230	00:00:49	00:20:34	
13.	39	00:01:24	00:21:58	
14.	34	00:02:28	00:24:26	
15.	31	00:01:43	00:26:09	
16.	235	00:01:21	00:27:30	
17.	237	00:01:42	00:29:12	
18.	58	00:02:35	00:31:47	
19.	222	00:02:11	00:33:58	
20.	200	00:01:45	00:35:43	
21.	201	03:00:27	03:36:10	
22.	202	00:04:47	03:40:57	205m 23'20"/km
23.	203	00:01:04	03:42:01	105m 10'10"/km
24.	204	00:04:04	03:46:05	179m 22'43"/km
25.	205	00:03:33	03:49:38	356m 9'58"/km
26.	206	00:04:06	03:53:44	196m 20'55"/km
27.	208	00:04:28	03:58:12	355m 12'35"/km
28.	209	00:04:48	04:03:00	194m 24'45"/km
29.	210	00:03:35	04:06:35	289m 12'24"/km
30.	211	00:03:31	04:10:06	218m 16'08"/km
31.	212	00:03:40	04:13:46	265m 13'50"/km
32.	213	00:01:53	04:15:39	119m 15'50"/km
33.	214	00:04:13	04:19:52	403m 10'28"/km
34.	215	00:02:45	04:22:37	190m 14'28"/km
35.	207	00:03:28	04:26:05	264m 13'08"/km
36.	999	00:01:12	04:27:17	68m 17'39"/km