



Training
Volmersberg 29.5.2023
O.L.G. St. Vith ARDOC

Bernard VENDRIX

Indiv.

Strecke : H:Bahn B

Länge : 3000m (Steigung 110m)

Zeit : 0:49:04 (16'21"/km)

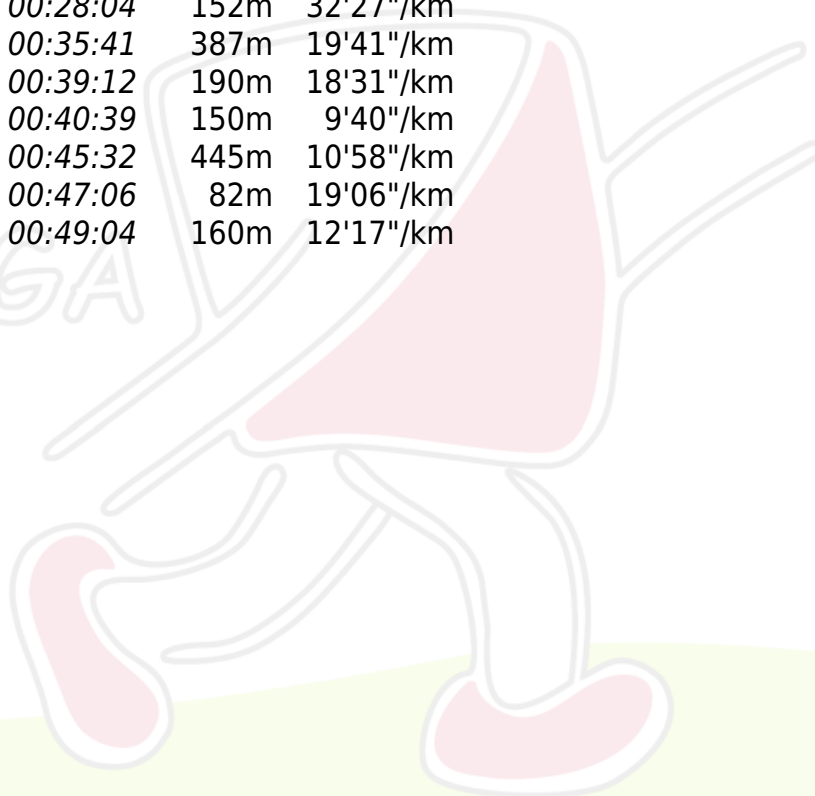
4/7

O.K.

[Vollständige Ergebnisse auf Webres](#)

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|---------------------|---------|
| 1. Thomas CHATTLAIN | 0:39:04 |
| 2. Romain REUSCH | 0:39:10 |
| 3. Axel HENKES | 0:48:17 |

1.	102	00:05:13		207m	25'12"/km
2.	232	00:04:38	00:09:51	192m	24'08"/km
3.	227	00:01:44	00:11:35	149m	11'38"/km
4.	225	00:03:18	00:14:53	196m	16'50"/km
5.	115	00:04:10	00:19:03	329m	12'40"/km
6.	235	00:01:52	00:20:55	185m	10'05"/km
7.	222	00:02:13	00:23:08	168m	13'12"/km
8.	221	00:04:56	00:28:04	152m	32'27"/km
9.	114	00:07:37	00:35:41	387m	19'41"/km
10.	224	00:03:31	00:39:12	190m	18'31"/km
11.	238	00:01:27	00:40:39	150m	9'40"/km
12.	106	00:04:53	00:45:32	445m	10'58"/km
13.	105	00:01:34	00:47:06	82m	19'06"/km
14.	120	00:01:58	00:49:04	160m	12'17"/km



HELGA
Orienteering Software