



Training

Volmersberg 12.3.2022

O.L.G. St. Vith ARDOC

Michel SEPULCHRE

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Strecke : 01

Länge : 6400m (Steigung 180m)

Zeit : 1:04:21 (10'03"/km)

3/6

O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Olivier CHATLAIN 0:57:50
2. Jürgen LOO 1:01:30

1.	101	00:00:46		146m	5'15"/km
2.	102	00:01:38	00:02:24	250m	6'32"/km
3.	103	00:02:44	00:05:08	192m	14'14"/km
4.	104	00:02:04	00:07:12	211m	9'48"/km
5.	101	00:03:10	00:10:22	298m	10'38"/km
6.	105	00:02:28	00:12:50	247m	9'59"/km
7.	106	00:03:45	00:16:35	412m	9'06"/km
8.	107	00:02:22	00:18:57	143m	16'33"/km
9.	71	00:01:33	00:20:30	72m	21'32"/km
10.	74	00:03:09	00:23:39	272m	11'35"/km
11.	108	00:01:00	00:24:39	99m	10'06"/km
12.	109	00:02:03	00:26:42	209m	9'49"/km
13.	110	00:03:50	00:30:32	355m	10'48"/km
14.	111	00:00:47	00:31:19	120m	6'32"/km
15.	112	00:01:19	00:32:38	129m	10'12"/km
16.	110	00:00:47	00:33:25	107m	7'19"/km
17.	113	00:01:46	00:35:11	180m	9'49"/km
18.	114	00:01:14	00:36:25	140m	8'49"/km
19.	110	00:01:17	00:37:42	150m	8'33"/km
20.	112	00:01:00	00:38:42	107m	9'21"/km
21.	115	00:02:56	00:41:38	362m	8'06"/km
22.	116	00:01:03	00:42:41	85m	12'21"/km
23.	117	00:01:55	00:44:36	181m	10'35"/km
24.	118	00:00:45	00:45:21	82m	9'09"/km
25.	119	00:00:59	00:46:20	69m	14'15"/km
26.	117	00:01:12	00:47:32	86m	13'57"/km
27.	51	00:04:38	00:52:10	518m	8'57"/km
28.	101	00:03:16	00:55:26	269m	12'09"/km
29.	53	00:03:39	00:59:05	420m	8'41"/km
30.	54	00:02:20	01:01:25	236m	9'53"/km
31.	120	00:02:56	01:04:21	260m	11'17"/km