



# Training

## Volmersberg 12.3.2022

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

**Caroline MARGREVE**

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Strecke : 04

Länge : 4000m (Steigung 110m)

Zeit : 0:45:27 (11'22"/km)

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O.K.

[Vollständige Ergebnisse auf Webres](#)

1. Anabel SCHNEIDER 0:39:07
2. Michael HOCK 0:39:39

1.	101	00:00:49		146m	5'36"/km
2.	105	00:02:10	00:02:59	247m	8'46"/km
3.	106	00:04:08	00:07:07	412m	10'02"/km
4.	107	00:02:27	00:09:34	143m	17'08"/km
5.	71	00:01:29	00:11:03	72m	20'36"/km
6.	74	00:02:57	00:14:00	272m	10'51"/km
7.	108	00:00:51	00:14:51	99m	8'35"/km
8.	109	00:02:23	00:17:14	209m	11'24"/km
9.	110	00:03:57	00:21:11	355m	11'08"/km
10.	113	00:03:30	00:24:41	180m	19'27"/km
11.	114	00:01:10	00:25:51	140m	8'20"/km
12.	110	00:01:34	00:27:25	150m	10'27"/km
13.	112	00:01:16	00:28:41	107m	11'50"/km
14.	62	00:03:19	00:32:00	262m	12'40"/km
15.	115	00:01:07	00:33:07	108m	10'20"/km
16.	116	00:01:08	00:34:15	85m	13'20"/km
17.	117	00:02:15	00:36:30	181m	12'26"/km
18.	118	00:00:57	00:37:27	82m	11'35"/km
19.	119	00:00:51	00:38:18	69m	12'19"/km
20.	53	00:01:57	00:40:15	180m	10'50"/km
21.	99	00:00:01	00:40:16		
22.	60	00:01:04	00:41:20		
23.	99	00:00:02	00:41:22		
24.	119	00:01:43	00:43:05		
25.	120	00:02:22	00:45:27	242m	9'47"/km

Orienteering Software