



Training

Volmersberg 29.5.2023

O.L.G. St. Vith ARDOC

André VLIEGEN

O.L.V. Eifel

Strecke : H:Bahn B

Länge : 3000m (Steigung 110m)

Zeit : 0:57:54 (19'18"/km)

6/7

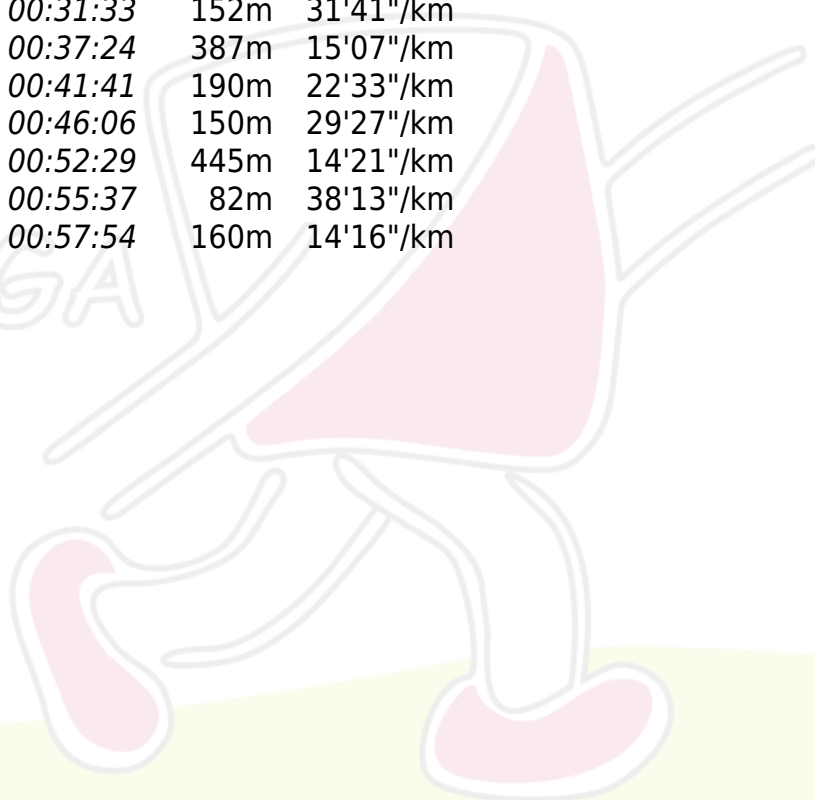
O.K.

[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	00:03:53		207m	18'46"/km
2.	232	00:03:26	00:07:19	192m	17'53"/km
3.	227	00:02:22	00:09:41	149m	15'53"/km
4.	225	00:03:57	00:13:38	196m	20'09"/km
5.	115	00:06:08	00:19:46	329m	18'39"/km
6.	235	00:03:30	00:23:16	185m	18'55"/km
7.	222	00:03:28	00:26:44	168m	20'38"/km
8.	221	00:04:49	00:31:33	152m	31'41"/km
9.	114	00:05:51	00:37:24	387m	15'07"/km
10.	224	00:04:17	00:41:41	190m	22'33"/km
11.	238	00:04:25	00:46:06	150m	29'27"/km
12.	106	00:06:23	00:52:29	445m	14'21"/km
13.	105	00:03:08	00:55:37	82m	38'13"/km
14.	120	00:02:17	00:57:54	160m	14'16"/km

HELGA



Orienteering Software