



Training SO Bechefa
SO Bechefa 18.2.2024
OLV Eifel

Michael HOCK

O.L.G. St. Vith ARDOC

Course : H:Schwarz lang

Distance : 6080m

Time : 1:19:38 (13'06"/km)

7/9

O.K.

[Full result on Webres](#)

1. Jérémy BREDO	0:55:33
2. Guido LENGES	0:58:44
3. Klaus SCHWALL	1:01:50

1.	101	00:02:28		318m	7'45"/km
2.	102	00:03:07	00:05:35	310m	10'03"/km
3.	103	00:01:47	00:07:22	170m	10'29"/km
4.	104	00:05:56	00:13:18	565m	10'30"/km
5.	105	00:08:37	00:21:55	109m	79'03"/km
6.	106	00:00:51	00:22:46	144m	5'54"/km
7.	107	00:02:15	00:25:01	132m	17'03"/km
8.	108	00:01:19	00:26:20	174m	7'34"/km
9.	109	00:00:52	00:27:12	107m	8'06"/km
10.	110	00:00:55	00:28:07	111m	8'15"/km
11.	111	00:01:19	00:29:26	131m	10'03"/km
12.	112	00:02:36	00:32:02	220m	11'49"/km
13.	113	00:02:37	00:34:39	231m	11'20"/km
14.	114	00:03:46	00:38:25	414m	9'06"/km
15.	115	00:01:46	00:40:11	195m	9'04"/km
16.	116	00:02:03	00:42:14	182m	11'16"/km
17.	241	00:02:30	00:44:44	211m	11'51"/km
18.	242	00:01:39	00:46:23	192m	8'36"/km
19.	243	00:01:50	00:48:13	167m	10'59"/km
20.	117	00:01:05	00:49:18	121m	8'57"/km
21.	118	00:03:25	00:52:43	371m	9'13"/km
22.	220	00:03:16	00:55:59	221m	14'47"/km
23.	221	00:10:34	01:06:33	238m	44'24"/km
24.	222	00:01:25	01:07:58	104m	13'37"/km
25.	223	00:01:55	01:09:53	142m	13'30"/km
26.	224	00:01:59	01:11:52	115m	17'15"/km
27.	225	00:01:48	01:13:40	113m	15'56"/km
28.	226	00:01:49	01:15:29	113m	16'05"/km
29.	227	00:02:17	01:17:46	180m	12'41"/km
30.	228	00:01:09	01:18:55	149m	7'43"/km
31.	120	00:00:43	01:19:38	130m	5'31"/km