



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Bertram, Sascha

000: 1:15:31.1

00: GM Rennsteiglauf Verein

00: 55

Lange Distanz

00000: 20 (of 92)

000000: 1:03:25.1

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00000: 11(of 37)

Exemplary M (35-45 Jahre)

0000000: 1:03:25.1

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Öchsenberg	35:09.1	13	8:24.9	24	8:24.9	35:09.1	13	8:24.9	24	8:24.9
Laktat Start	28:50.0	11	3:53.2	18	3:53.2	1:03:59.1	12	11:18.6	21	11:18.6
Laktat Finish	2:17.0	5	0:28.6	15	0:49.7	1:06:16.1	11	11:47.2	21	11:47.2
Ziel	9:15.0	10	0:58.6	15	1:04.8	1:15:31.1	11	12:06.0	20	12:06.0