



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Seidensticker, Jerome

□□□: 1:17:50.1

□□: X Runners Jena e.V.

□□: 22

Lange Distanz

□□□□□: 26 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 15(of 37)

Exemplary M (35-45 Jahre)

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Öchsenberg	35:35.6	14	8:51.4	25	8:51.4	35:35.6	14	8:51.4	25	8:51.4
Laktat Start	29:08.6	12	4:11.8	19	4:11.8	1:04:44.2	14	12:03.7	25	12:03.7
Laktat Finish	2:44.3	14	0:55.9	34	1:17.0	1:07:28.5	14	12:59.6	24	12:59.6
Ziel	10:21.6	17	2:05.2	34	2:11.4	1:17:50.1	15	14:25.0	26	14:25.0