



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

□□□□

Heller, Jonas

□□□: 49:38.3

□□: VFB Vacha

□□: 244

Kurze Distanz

□□□□□: 11 (of 74)

□□□□□□: 36:48.5

□□□□:

□□□□□: 4(of 11)

Endurance Mk (25-34 Jahre)

□□□□□□□: 47:05.6

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□□	□□	□□	□□	□□
	□□	-	-	□□□	□□□	□□	-	-	□□□	□□□
Laktat Start	34:57.4	4	2:06.4	12	8:57.2	34:57.4	4	2:06.4	12	8:57.2
Laktat Finish	2:51.7	5	1:17.7	20	1:17.7	37:49.1	4	3:24.1	12	9:46.1
Ziel	11:49.2	3	0:53.6	12	3:03.7	49:38.3	4	2:32.7	11	12:49.8