



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Gaube, Paul

□□□: 1:16:39.1

□□: X Runners Jena e.V.

□□: 23

Lange Distanz

□□□□□: 23 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 13(of 37)

Exemplary M (35-45 Jahre)

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Öchsenberg	34:41.2	12	7:57.0	23	7:57.0	34:41.2	12	7:57.0	23	7:57.0
Laktat Start	29:20.6	13	4:23.8	22	4:23.8	1:04:01.8	13	11:21.3	22	11:21.3
Laktat Finish	2:51.0	20	1:02.6	43	1:23.7	1:06:52.8	13	12:23.9	23	12:23.9
Ziel	9:46.3	13	1:29.9	24	1:36.1	1:16:39.1	13	13:14.0	23	13:14.0