



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Haber, Rene

□□□: 1:33:38.8

□□: haberich cycling crew/ 1.FSV Köln 1899

□□: 84

Lange Distanz

□□□□□: 63 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 29(of 37)

Exemplary M (35-45 Jahre)

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Öchsenberg	40:13.7	22	13:29.5	47	13:29.5	40:13.7	22	13:29.5	47	13:29.5
Laktat Start	36:50.6	31	11:53.8	70	11:53.8	1:17:04.3	27	24:23.8	58	24:23.8
Laktat Finish	3:06.6	25	1:18.2	56	1:39.3	1:20:10.9	27	25:42.0	58	25:42.0
Ziel	13:27.9	34	5:11.5	80	5:17.7	1:33:38.8	29	30:13.7	63	30:13.7