



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Hessenmüller, Lisa

□□□: 59:03.7

□□: Lauffreunde Elmenthal / Karate Runners

□□: 236

Kurze Distanz

□□□□□: 31 (of 74)

□□□□□□: 36:48.5

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□□□□□: 2(of 9)

Endurance Wk (25-34 Jahre)

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| Laktat Start | 41:34.2 | 1 | - | 27 | 15:34.0 | 41:34.2 | 1 | - | 27 | 15:34.0 |
| Laktat Finish | 3:22.9 | 3 | 0:20.3 | 41 | 1:48.9 | 44:57.1 | 1 | - | 28 | 16:54.1 |
| Ziel | 14:06.6 | 2 | 2:01.1 | 31 | 5:21.1 | 59:03.7 | 2 | 1:27.8 | 31 | 22:15.2 |