



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