Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Hausmann, Frank

□□□: 1:06:27.9

□□: X Runners Jena e.V.
□□: 19

Lange Distanz

□□□□□: 4 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 3(of 37)

Exemplary M (35-45 Jahre)

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Öchsenberg	30:15.1	3	3:30.9	4	3:30.9	30:15.1	3	3:30.9	4	3:30.9
Laktat Start	25:28.5	2	0:31.7	3	0:31.7	55:43.6	3	3:03.1	4	3:03.1
Laktat Finish	2:19.3	6	0:30.9	16	0:52.0	58:02.9	3	3:34.0	4	3:34.0
Ziel	8:25.0	2	0:08.6	4	0:14.8	1:06:27.9	3	3:02.8	4	3:02.8