



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Krieghoff, Marcel

□□□: 1:04:04.2

□□: SC Impuls Erfurt

□□: 89

Lange Distanz

□□□□□: 2 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 2(of 37)

Exemplary M (35-45 Jahre)

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Öchsenberg	26:44.2	1	-	1	-	26:44.2	1	-	1	-
Laktat Start	27:03.8	5	2:07.0	8	2:07.0	53:48.0	2	1:07.5	2	1:07.5
Laktat Finish	1:49.7	2	0:01.3	5	0:22.4	55:37.7	2	1:08.8	2	1:08.8
Ziel	8:26.5	3	0:10.1	5	0:16.3	1:04:04.2	2	0:39.1	2	0:39.1