



# Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Hellkuhl, Antje

□□□: 1:37:00.0

□□: Business Coaching [www.steffen-birnbaum.de](http://www.steffen-birnbaum.de)

□□: 79

Lange Distanz

□□□□□: 70 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 4(of 7)

Exemplary W (35-45 Jahre)

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Öchsenberg	45:42.5	5	7:22.6	75	18:58.3	45:42.5	5	7:22.6	75	18:58.3
Laktat Start	37:06.3	5	3:20.5	72	12:09.5	1:22:48.8	5	10:18.3	73	30:08.3
Laktat Finish	2:49.4	2	0:25.6	40	1:22.1	1:25:38.2	5	10:43.9	72	31:09.3
Ziel	11:21.8	3	1:29.5	48	3:11.6	1:37:00.0	4	12:13.4	70	33:34.9