



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

□□: 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 |