



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Schirlitz, Anja

□□□: 1:43:04.7

□□: OCR Squad Erfurt

□□: 57

Lange Distanz

□□□□□: 83 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 6(of 7)

Exemplary W (35-45 Jahre)

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Öchsenberg	48:59.7	6	10:39.8	86	22:15.5	48:59.7	6	10:39.8	86	22:15.5
Laktat Start	37:54.9	6	4:09.1	74	12:58.1	1:26:54.6	6	14:24.1	83	34:14.1
Laktat Finish	3:45.2	6	1:21.4	81	2:17.9	1:30:39.8	6	15:45.5	84	36:10.9
Ziel	12:24.9	5	2:32.6	68	4:14.7	1:43:04.7	6	18:18.1	83	39:39.6