



# Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Karbaum, Christiane

□□□: 1:37:55.8

□□: OCR Germany

□□: 10

Lange Distanz

□□□□□: 72 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 5(of 7)

Exemplary W (35-45 Jahre)

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Öchsenberg	45:07.2	4	6:47.3	74	18:23.0	45:07.2	4	6:47.3	74	18:23.0
Laktat Start	36:43.8	4	2:58.0	69	11:47.0	1:21:51.0	4	9:20.5	70	29:10.5
Laktat Finish	3:24.0	4	1:00.2	71	1:56.7	1:25:15.0	4	10:20.7	71	30:46.1
Ziel	12:40.8	6	2:48.5	72	4:30.6	1:37:55.8	5	13:09.2	72	34:30.7