



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Birnbaum, Steffen

□□□: 1:37:01.4

□□: Business Coaching www.steffen-birnbaum.de

□□: 77

Lange Distanz

□□□□□: 71 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 11(of 13)

Experienced M (46-90 Jahre)

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Öchsenberg	45:42.9	12	9:51.6	76	18:58.7	45:42.9	12	9:51.6	76	18:58.7
Laktat Start	36:54.4	11	8:11.9	71	11:57.6	1:22:37.3	11	18:03.5	71	29:56.8
Laktat Finish	1:27.3	1	-	1	-	1:24:04.6	11	16:02.1	69	29:35.7
Ziel	12:56.8	10	3:09.9	73	4:46.6	1:37:01.4	11	19:12.0	71	33:36.3