



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Wojna, Nico

□□□: 50:31.9

□□: Lauffreunde Elmenthal Karate- Runners

□□: 213

Kurze Distanz

□□□□□: 14 (of 74)

□□□□□□: 36:48.5

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□□□□□: 2(of 8)

Exemplary Mk (35-45 Jahre)

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Laktat Start	36:34.9	2	9:44.5	15	10:34.7	36:34.9	2	9:44.5	15	10:34.7
Laktat Finish	2:55.1	5	0:43.4	22	1:21.1	39:30.0	2	10:27.9	15	11:27.0
Ziel	11:01.9	2	2:12.7	9	2:16.4	50:31.9	2	12:40.6	14	13:43.4