



# Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Hergert, Alexandra

□□□: 1:06:44.4

□□: OCR Fulda

□□: 217

Kurze Distanz

□□□□□: 48 (of 74)

□□□□□□: 36:48.5

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□□□□□: 4(of 9)

Exemplary Wk (35-45 Jahre)

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Laktat Start	47:33.1	3	5:56.2	46	21:32.9	47:33.1	3	5:56.2	46	21:32.9
Laktat Finish	3:42.6	6	1:04.0	55	2:08.6	51:15.7	4	6:15.3	48	23:12.7
Ziel	15:28.7	2	1:52.7	45	6:43.2	1:06:44.4	4	8:08.0	48	29:55.9