



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

□□□□

Heller, Nina

□□□: 58:36.4

□□: 240

Kurze Distanz

□□□□□: 25 (of 74)

□□□□□□: 36:48.5

□□□□:

□□□□□: 1(of 9)

Exemplary Wk (35-45 Jahre)

□□□□□□□: 58:36.4

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□□	□□	□□	□□	□□
	□□	-	-	□□□	□□□	□□	-	-	□□□	□□□
Laktat Start	41:36.9	1	-	29	15:36.7	41:36.9	1	-	29	15:36.7
Laktat Finish	3:23.5	3	0:44.9	42	1:49.5	45:00.4	1	-	29	16:57.4
Ziel	13:36.0	1	-	28	4:50.5	58:36.4	1	-	25	21:47.9