



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Berndt, Nancy

□□□: 1:14:57.4

□□: 222

Kurze Distanz

□□□□□: 63 (of 74)

□□□□□□: 36:48.5

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□□□□□: 6(of 9)

Exemplary Wk (35-45 Jahre)

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Laktat Start	53:06.2	6	11:29.3	64	27:06.0	53:06.2	6	11:29.3	64	27:06.0
Laktat Finish	2:38.6	1	-	13	1:04.6	55:44.8	5	10:44.4	59	27:41.8
Ziel	19:12.6	8	5:36.6	70	10:27.1	1:14:57.4	6	16:21.0	63	38:08.9