



# Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Riffer, Karl-Heinz

□□□: 1:21:19.2

□□: SV Niederjossa

□□: 259

Kurze Distanz

□□□□□: 69 (of 74)

□□□□□□: 36:48.5

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□□□□□: 5(of 5)

Experienced Mk (46-90 Jahre)

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| Laktat Start  | 58:30.2 | 5  | 32:30.0 | 69  | 32:30.0 | 58:30.2   | 5  | 32:30.0 | 69  | 32:30.0 |    |
| Laktat Finish | 4:20.6  | 5  | 2:13.9  | 68  | 2:46.6  | 1:02:50.8 | 5  | 34:43.9 | 69  | 34:47.8 |    |
| Ziel          | 18:28.4 | 5  | 9:02.6  | 65  | 9:42.9  | 1:21:19.2 | 5  | 43:46.5 | 69  | 44:30.7 |    |