



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	