



Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Guske, Ralf

□□□: 1:14:01.4

□□: Lauffreiff Eisenach

□□: 203

Kurze Distanz

□□□□□: 59 (of 74)

□□□□□□: 36:48.5

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□□□□□: 3(of 5)

Experienced Mk (46-90 Jahre)

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Laktat Start	52:40.8	3	26:40.6	60	26:40.6	52:40.8	3	26:40.6	60	26:40.6
Laktat Finish	3:58.1	4	1:51.4	63	2:24.1	56:38.9	4	28:32.0	65	28:35.9
Ziel	17:22.5	3	7:56.7	50	8:37.0	1:14:01.4	3	36:28.7	59	37:12.9