



Konschak, Paul

□□□: 1:12:42.7

□□: VFB Vacha

□□: 271

Kurze Distanz

**\_\_\_\_:** 36:48.5

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Laktat Start	50:09.3	4	6:03.4	51	24:09.1	50:09.3	4	6:03.4	51	24:09.1
Laktat Finish	4:37.4	8	2:02.9	71	3:03.4	54:46.7	5	8:06.3	52	26:43.7
Ziel	17:56.0	7	4:47.7	58	9:10.5	1:12:42.7	6	12:54.0	54	35:54.2