



# Vulcano BATTLE 02.08.2020

Vacha / 02.08.2020

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Erb, Rene

□□□: 1:08:12.9

□□: SG Bremen

□□: 42

Lange Distanz

□□□□□: 7 (of 92)

□□□□□□: 1:03:25.1

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□□□□□: 3(of 20)

Endurance M (25-34 Jahre)

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Öchsenberg	31:15.0	3	1:45.0	9	4:30.8	31:15.0	3	1:45.0	9	4:30.8
Laktat Start	26:15.8	3	1:04.7	5	1:19.0	57:30.8	3	2:49.7	7	4:50.3
Laktat Finish	2:21.0	7	0:38.7	18	0:53.7	59:51.8	3	2:57.7	7	5:22.9
Ziel	8:21.1	2	0:10.9	3	0:10.9	1:08:12.9	3	3:08.6	7	4:47.8