



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

□□□□

Assmann, Markus

□□□: 2:30:17

□□: Bayreuth

□□: 7.98 km/h

□□: 30

□□□□□□: 154

□□: 20.94 km

□□□□: 22.31

21 km Walking/ Nordic Walking

□□□□: 194 □

□□□□

| □□□ | km □□□ | km □□ | □□ | □□□ □□ | □□ □□ |
|-----|--------|-------|-------|--------|-------|
| □□ | 0 | 0 | 10:47 | 00:00 | 00:00 |
| km | 6.0 | 6.0 | 11:32 | 00:45 | 00:45 |
| km | 11.5 | 5.5 | 12:15 | 01:28 | 00:43 |
| km | 14.9 | 3.4 | 12:41 | 01:54 | 00:25 |
| □□ | 20.9 | 5.0 | 13:17 | 02:30 | 00:36 |