



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

□□□□

Janker, Erhard

□□: Berlin

□□: 60

□□: 15.65 km

15,5 km Walking/ Nordic Walking

□□□: 2:31:25

□□: 5.94 km/h

□□□□□□: 119

□□□□: 16.79

□□□□: 108 □

□□□□

| □□□ | km □□□ | km □□ | □□ | □□□ □□ | □□ □□ |
|-----|--------|-------|-------|--------|-------|
| □□ | 0 | 0 | 10:47 | 00:00 | 00:00 |
| km | 6.0 | 6.0 | 11:39 | 00:51 | 00:51 |
| km | 11.5 | 5.5 | 12:31 | 01:44 | 00:52 |
| □□ | 15.7 | 4.2 | 13:18 | 02:31 | 00:47 |