



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

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Pippig, Karsten

□□: Reichenbach

□□: 29

□□: 20.94 km

21 km Walking/ Nordic Walking

□□□: 2:49:43

□□: 7.07 km/h

□□□□□□: 154

□□□□: 22.31

□□□□: 172 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	10:47	00:00	00:00
km	6.0	6.0	11:33	00:45	00:45
km	11.5	5.5	12:16	01:28	00:42
km	14.9	3.4	12:43	01:55	00:26
□□	20.9	5.0	13:37	02:49	00:54