



1. Zossener Heidewalk  
Zossen, OT Schöneiche / 31.05.2008

□□□□

Beier, Rudolf

□□□: 3:12:52

□□: RSG Herne

□□: 6.22 km/h

□□: 3

□□□□□□: 154

□□: 20.94 km

□□□□: 22.31

21 km Walking/ Nordic Walking

□□□□: 151 □

□□□□

| □□□ | km □□□ | km □□ | □□    | □□□ □□ | □□ □□ |
|-----|--------|-------|-------|--------|-------|
| □□  | 0      | 0     | 10:47 | 00:00  | 00:00 |
| km  | 6.0    | 6.0   | 11:35 | 00:48  | 00:48 |
| km  | 11.5   | 5.5   | 12:29 | 01:42  | 00:54 |
| km  | 14.9   | 3.4   | 12:57 | 02:10  | 00:27 |
| □□  | 20.9   | 5.0   | 14:00 | 03:12  | 01:02 |