



1. Zossener Heidewalk
Zossen, OT Schöneiche / 31.05.2008

□□□□

Beier, Rudolf

□□□: 3:12:52

□□: RSG Herne

□□: 6.51 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 |