



6. Unnaer Walking-Day

Unna / 15.06.2008

□□□□

Claus, Ursula

□□: LSF Münster

□□: 1005

□□: 10.00 km

10 km-Strecke Walking

□□□: 1:24:36

□□: 7.09 km/h

□□□□□□: 112

□□□□: 11.68

□□□□: 83 □

□□□□

| □□□ | km □□□ | km □□ | □□ | □□□ □□ | □□ □□ |
|-----------|--------|-------|-------|--------|-------|
| □□ | 0 | 0 | 09:59 | 00:00 | 00:00 |
| Kontrolle | 5.3 | 5.3 | 10:44 | 00:45 | 00:45 |
| □□ | 10.0 | 4.7 | 11:24 | 01:24 | 00:39 |