



6. Unnaer Walking-Day

Unna / 15.06.2008

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Schmitz, Monika

□□: LSF-Unna-2000

□□: 788

□□: 17.00 km

17 km-Strecke Nordic Walking

□□□: 1:54:30

□□: 8.91 km/h

□□□□□□: 187

□□□□: 19.81

□□□□: 176 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:08	00:38	00:38
Kontrolle	12.3	7.0	10:51	01:21	00:42
□□	17.0	4.7	11:24	01:54	00:33