



6. Unnaer Walking-Day

Unna / 15.06.2008

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Sieringhaus-Ross, Meike

□□: Turbo-Schnecken Lüdenscheid

□□: 1095

□□: 10.00 km

10 km-Strecke Nordic Walking

□□□: 1:24:48

□□: 7.08 km/h

□□□□□□: 112

□□□□: 11.68

□□□□: 83 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	10:03	00:00	00:00
Kontrolle	5.3	5.3	10:48	00:45	00:45
□□	10.0	4.7	11:28	01:24	00:39