



6. Unnaer Walking-Day

Unna / 15.06.2008

□□□□

Friedrich, Brigitte

□□: LG Halver-Schalksmühle

□□: 806

□□: 17.00 km

17 km-Strecke Nordic Walking

□□□: 1:58:28

□□: 8.61 km/h

□□□□□□: 187

□□□□: 19.81

□□□□: 171 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:10	00:39	00:39
Kontrolle	12.3	7.0	10:54	01:24	00:44
□□	17.0	4.7	11:28	01:58	00:34