



## 6. Unnaer Walking-Day

Unna / 15.06.2008

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**Arens, Lothar**

□□: EscarGOts Bochum

□□: 845

□□: 17.00 km

17 km-Strecke Nordic Walking

□□□: 1:58:47

□□: 8.59 km/h

□□□□□□: 187

□□□□: 19.81

□□□□: 170 □

□□□□

| □□□       | km □□□ | km □□ | □□    | □□□ □□ | □□ □□ |
|-----------|--------|-------|-------|--------|-------|
| □□        | 0      | 0     | 09:30 | 00:00  | 00:00 |
| Kontrolle | 5.3    | 5.3   | 10:11 | 00:41  | 00:41 |
| Kontrolle | 12.3   | 7.0   | 10:55 | 01:25  | 00:44 |
| □□        | 17.0   | 4.7   | 11:29 | 01:58  | 00:33 |