



6. Unnaer Walking-Day

Unna / 15.06.2008

□□□□

Martin, Detlef

□□□: 2:00:25

□□: Turbo-Schnecken Lüdenscheid

□□: 8.47 km/h

□□: 777

□□□□□□: 187

□□: 17.00 km

□□□□: 19.81

17 km-Strecke Nordic Walking

□□□□: 168 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:11	00:40	00:40
Kontrolle	12.3	7.0	10:56	01:25	00:44
□□	17.0	4.7	11:30	02:00	00:34