



6. Unnaer Walking-Day

Unna / 15.06.2008

□□□□

Theuner, Horst

□□: TV Friesen Telgte

□□: 795

□□: 17.00 km

17 km-Strecke Nordic Walking

□□□: 2:01:01

□□: 8.43 km/h

□□□□□□: 187

□□□□: 19.81

□□□□: 167 □

□□□□

□□□	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	10:56	01:26	00:44
□□	17.0	4.7	11:31	02:01	00:34