



# 6. Unnaer Walking-Day

Unna / 15.06.2008

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Mikeleit, Maria

□□□: 2:07:02

□□: Unna

□□: 8.03 km/h

□□: 843

□□□□□□: 187

□□: 17.00 km

□□□□: 19.81

17 km-Strecke Nordic Walking

□□□□: 159 □

□□□□

□□□	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	10:59	01:28	00:47
□□	17.0	4.7	11:37	02:07	00:38