



6. Unnaer Walking-Day

Unna / 15.06.2008

□□□□

Czwikla, Karin

□□□: 2:09:38

□□: TBS-Herne

□□: 7.87 km/h

□□: 756

□□□□□□: 187

□□: 17.00 km

□□□□: 19.81

17 km-Strecke Nordic Walking

□□□□: 156 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:12	00:42	00:42
Kontrolle	12.3	7.0	11:01	01:30	00:48
□□	17.0	4.7	11:40	02:09	00:38