



# 6. Unnaer Walking-Day

Unna / 15.06.2008

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schüngel, monika

□□□: 2:20:05

□□: WT-Soest

□□: 7.28 km/h

□□: 827

□□□□□□: 187

□□: 17.00 km

□□□□: 19.81

17 km-Strecke Nordic Walking

□□□□: 144 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:17	00:47	00:47
Kontrolle	12.3	7.0	11:09	01:39	00:52
□□	17.0	4.7	11:50	02:20	00:40