



6. Unnaer Walking-Day

Unna / 15.06.2008

□□□□

schulte, marina

□□□: 2:23:40

□□: WT-Soest

□□: 7.10 km/h

□□: 824

□□□□□□: 187

□□: 17.00 km

□□□□: 19.81

17 km-Strecke Nordic Walking

□□□□: 141 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:18	00:47	00:47
Kontrolle	12.3	7.0	11:12	01:41	00:53
□□	17.0	4.7	11:54	02:23	00:42