



Lenschow, Sylvia

□□: TV Friesen Telgte

□□: 1023

□□: 10.00 km

10 km-Strecke Walking

□□□: 1:16:18

□□: 7.86 km/h

\_\_\_\_: 112 \_\_\_\_: 11.68

	km □□□	km □□			
	0	0	09:59	00:00	00:00
Kontrolle	5.3	5.3	10:40	00:40	00:40
	10.0	4.7	11:15	01:16	00:35