



# 6. Unnaer Walking-Day

Unna / 15.06.2008

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Umland, Jürgen

□□□: 1:13:10

□□: 8.20 km/h

□□: 1108

□□□□□□: 112

□□: 10.00 km

□□□□: 11.68

10 km-Strecke Nordic Walking

□□□□: 96 □

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□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	10:03	00:00	00:00
Kontrolle	5.3	5.3	10:42	00:39	00:39
□□	10.0	4.7	11:16	01:13	00:33